

GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****Event 1 Men 100 Meter Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

GPAC Record: G 10.34 2001 Jamey Sperle, Dakota Wesleyan Univ.

NAIA Auto: A 10.58

NAIA Prov.: B 10.68

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Adrien Patigny	FR Midland	10.70Q	NWI	2
2	Marcus Jnofinn	FR Mount Marty	10.90Q	NWI	3
3	Wilton George	FR Briar Cliff	10.92Q	NWI	1 10.913
4	Ryan Kotey	FR Briar Cliff	10.92q	NWI	2 10.913
5	James Gilbert	SO Northwestern	10.93q	NWI	2
6	Cody Post	SO Northwestern	10.98q	NWI	2
7	Joel Rathe	FR Concordia	11.07q	NWI	1 11.065
8	Austin Drake	SO Doane	11.07q	NWI	1 11.068
9	Christopher Vincen	FR Doane	11.11	NWI	3
10	Tulsa Janish	SO Briar Cliff	11.17	NWI	2 11.166
11	Luke Wagner	FR Dordt	11.17	NWI	2 11.169
12	Daniel Strand	JR Northwestern	11.18	NWI	3
13	Braden Jahn	SO Northwestern	11.27	NWI	3
14	Micah Brands	JR Dordt	11.28	NWI	1
15	Nathan Kabongo	SR Dordt	11.35	NWI	1
16	Austin Hughes	SO Dakota Wesleyan	11.36	NWI	3
17	Emmett Black	FR Doane	11.41	NWI	3
18	Kenny Paetow	JR Concordia	11.52	NWI	1
19	Christopher Sayler	FR Jamestown	11.53	NWI	3
20	Nasim Green	FR Jamestown	11.55	NWI	1
21	Andy Lyons	FR Concordia	11.61	NWI	3
22	Jackson Corkill	FR Dordt	11.66	NWI	1
23	jalen cook	FR Briar Cliff	11.71	NWI	2
24	Samuel Kludt	SO Jamestown	11.90	NWI	2

Event 1 Men 100 Meter Dash

GPAC Record: G 10.34 2001 Jamey Sperle, Dakota Wesleyan Univ.

NAIA Auto: A 10.58

NAIA Prov.: B 10.68

Name	Year	School	Finals	Wind	Points
Finals					
1	Wilton George	FR Briar Cliff	10.58A	NWI	10
2	Adrien Patigny	FR Midland	10.67B	NWI	8
3	Cody Post	SO Northwestern	10.71	NWI	6 10.701
4	Ryan Kotey	FR Briar Cliff	10.71	NWI	5 10.708
5	Austin Drake	SO Doane	10.80	NWI	4
6	James Gilbert	SO Northwestern	10.87	NWI	3
7	Joel Rathe	FR Concordia	10.90	NWI	2
8	Marcus Jnofinn	FR Mount Marty	17.72	NWI	1



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****Event 2 Men 200 Meter Dash**

GPAC Record: G 20.88 2003 Bret Blake, Nebraska Wesleyan Univ.

NAIA Auto: A 21.45

NAIA Prov.: B 21.58

Name	Year	School	Finals	Wind	H#	Points
1	Paul Paul	JR Mount Marty	21.15A	NWI	3	10
2	Ben Jefferies	SO Briar Cliff	21.36A	NWI	3	8
3	Ryan Kotey	FR Briar Cliff	21.41A	NWI	3	6
4	Cade Kleckner	FR Concordia	21.54B	NWI	3	5
5	Cody Post	SO Northwestern	21.67	NWI	2	4
6	Adrien Patigny	FR Midland	21.68	NWI	3	3
7	Austin Drake	SO Doane	21.85	NWI	3	2 21.847
8	Braden Jahn	SO Northwestern	21.85	NWI	2	1 21.848
9	Wilton George	FR Briar Cliff	21.98	NWI	1	
10	Christopher Vincen	FR Doane	22.09	NWI	2	
11	Micah Brands	JR Dor dt	22.25	NWI	2	
12	Tulsa Janish	SO Briar Cliff	22.28	NWI	1	
13	Daniel Strand	JR Northwestern	22.48	NWI	1	
14	Ivan Varela	FR Hastings	22.53	NWI	3	
15	Kadin Vrbas	FR Concordia	22.55	NWI	1	
16	Andy Lyons	FR Concordia	22.74	NWI	2	
17	Matthew Welton	FR Midland	22.89	NWI	1	
18	Jonathan Eisma	FR Dor dt	22.95	NWI	3	
19	Jackson Corkill	FR Dor dt	23.18	NWI	2	
20	Trevin Hulstein	FR Dor dt	23.25	NWI	1	
21	Luke Wagner	FR Dor dt	23.66	NWI	2	
22	Trevor Provencher	SO Doane	23.83	NWI	1	

Event 3 Men 400 Meter Dash

GPAC Record: G 47.17 5/11/2007 Chris Wolf, Nebraska Wes.

NAIA Auto: A 48.26

NAIA Prov.: B 48.45

Name	Year	School	Finals	H#	Points
1	Ben Jefferies	SO Briar Cliff	48.08A	3	10
2	Paul Paul	JR Mount Marty	48.23A	3	8
3	Payton Mauldin	FR Dor dt	49.39	3	6
4	Colton Meyer	FR Concordia	49.50	3	5
5	Wyatt Pryor	FR Northwestern	49.87	2	4
6	Micah Brands	JR Dor dt	50.01	2	3
7	Mitchell Oostr a	SO Northwestern	50.16	3	2
8	Ivan Varela	FR Hastings	50.26	2	1
9	Jordan Tasler	FR Doane	50.31	2	
10	Luke Wagner	FR Dor dt	50.35	3	
11	Jacob Jennings	FR Concordia	50.49	3	
12	Lorenzo Maldonado	SO Jamestown	51.02	1	
13	Jonathan Eisma	FR Dor dt	51.19	1	
14	Jackson Corkill	FR Dor dt	51.27	2	



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****....Event 3 Men 400 Meter Dash**

15	Obed Karege	SO Jamestown	51.41	2
16	Maccoy Menke	FR Concordia	51.51	2
17	Taven McKee	SO Mount Marty	52.02	1
18	Steven Thompson	FR Mount Marty	52.57	1
19	Dennis Pederson	SO Northwestern	52.70	2
20	Trevin Hulstein	FR Dordt	52.95	1
21	Myles Wheatley	FR Doane	53.10	1
22	Matthew Case	FR Doane	53.11	1
23	Grant Lammers	SO Concordia	54.66	1
--	Dewayne Robinson	JR Mount Marty	DNF	3

Event 4 Men 800 Meter Run

GPAC Record: G 1:50.60 2011 Monte Larsen, Morningside

NAIA Auto: A 1:52.50

NAIA Prov.: B 1:53.80

Name	Year School	Finals	H#	Points
1	Matthew Van Eps SR Dordt	1:54.49	3	10
	56.883 (56.883) 1:54.484 (57.601)			
2	Aidan Wheelock FR Doane	1:56.87	3	8
	56.636 (56.636) 1:56.869 (1:00.234)			
3	Isaiah Lee JR Northwestern	1:57.35	3	6
	57.908 (57.908) 1:57.344 (59.436)			
4	Zach Ambrose SR Morningside	1:57.43	3	5
	57.406 (57.406) 1:57.421 (1:00.015)			
5	Trey Engen SO Dordt	1:58.79	3	4
	59.433 (59.433) 1:58.788 (59.355)			
6	Jebadiah Merkle JR Dordt	1:59.27	3	3
	59.047 (59.047) 1:59.265 (1:00.219)			
7	Noah Mang SO Jamestown	2:00.15	1	2
	59.272 (59.272) 2:00.144 (1:00.872)			
8	Christian Van Clea JR Concordia	2:00.91	2	1
	1:00.500 (1:00.500) 2:00.906 (1:00.406)			
9	Cole Zevenbergen FR Dordt	2:01.78	3	
	58.734 (58.734) 2:01.780 (1:03.046)			
10	Dylan Lindstrom JR Morningside	2:02.03	2	
	1:00.232 (1:00.232) 2:02.025 (1:01.794)			
11	Tyler Carney JR Morningside	2:02.15	1	
	58.471 (58.471) 2:02.145 (1:03.675)			
12	Avery Pater FR Northwestern	2:02.16	2	
	1:00.731 (1:00.731) 2:02.160 (1:01.430)			
13	Camden Beller JR Morningside	2:03.00	3	
	59.158 (59.158) 2:02.998 (1:03.841)			
14	Trace Ebert FR Doane	2:03.15	2	
	1:01.027 (1:01.027) 2:03.143 (1:02.116)			
15	Joshua Van Dusseld SR Northwestern	2:03.63	2	
	1:00.037 (1:00.037) 2:03.628 (1:03.591)			



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****....Event 4 Men 800 Meter Run**

16	Drew Van Hauen	FR Northwestern	2:04.37	1
	1:00.447 (1:00.447)	2:04.362 (1:03.915)		
17	Rams Andindi	FR Doane	2:05.10	1
	1:00.301 (1:00.301)	2:05.094 (1:04.793)		
18	Tyler Janssen	FR Morningside	2:05.89	1
	1:00.709 (1:00.709)	2:05.888 (1:05.179)		
19	Calvin Rohde	FR Concordia	2:06.56	2
	1:01.580 (1:01.580)	2:06.559 (1:04.979)		
20	Hunter Shanks	FR Dakota Wesleyan	2:07.12	2
	1:01.826 (1:01.826)	2:07.119 (1:05.293)		
21	Cameron Gray	JR Concordia	2:08.45	1
	1:00.053 (1:00.053)	2:08.449 (1:08.396)		
22	Aaron Ochsner	FR Hastings	2:09.37	1
	59.663 (59.663)	2:09.365 (1:09.703)		

Event 5 Men 1500 Meter Run

GPAC Record: G 3:50.14 1982 Kregg Einspahr, Concordia University

NAIA Auto: A 3:53.50

NAIA Prov.: B 3:56.50

Name	Year	School	Finals	H#	Points
1	Matthew Van Eps	SR Dordt	4:02.94	2	10
	47.644 (47.644)	1:52.680 (1:05.036)	2:59.567 (1:06.888)		4:02.940 (1:03.373)
2	Trey Engen	SO Dordt	4:03.49	2	8
	47.830 (47.830)	1:53.305 (1:05.475)	3:00.566 (1:07.261)		4:03.482 (1:02.917)
3	Isaiah Lee	JR Northwestern	4:04.02	2	6
	47.822 (47.822)	1:52.976 (1:05.155)	3:01.058 (1:08.082)		4:04.015 (1:02.957)
4	Kalen Dockwiler	FR Doane	4:05.13	2	5
	46.948 (46.948)	1:52.394 (1:05.446)	3:00.816 (1:08.422)		4:05.125 (1:04.310)
5	Jacob Vander Plaats	SR Dordt	4:08.75	2	4
	47.381 (47.381)	1:52.061 (1:04.680)	3:00.516 (1:08.455)		4:08.745 (1:08.230)
6	Lance Van Zee	JR Dordt	4:10.01	2	3
	48.673 (48.673)	1:54.356 (1:05.683)	3:02.122 (1:07.767)		4:10.007 (1:07.885)
7	Anthony Ghiorso	SR Dordt	4:13.79	2	2
	50.106 (50.106)	1:57.752 (1:07.646)	3:06.506 (1:08.754)		4:13.783 (1:07.278)
8	Micah Willweber	FR Concordia	4:15.42	2	1
	48.331 (48.331)	1:53.866 (1:05.535)	3:04.107 (1:10.241)		4:15.413 (1:11.306)
9	Ian Wiersma	JR Northwestern	4:17.78	2	
	49.071 (49.071)	1:56.289 (1:07.218)	3:07.009 (1:10.720)		4:17.777 (1:10.769)
10	Justin Sorensen	FR Dakota Wesleyan	4:19.77	1	
	53.825 (53.825)	2:06.475 (1:12.650)	3:14.915 (1:08.440)		4:19.766 (1:04.851)
11	Ethan Ideus	FR Concordia	4:21.34	2	
	49.336 (49.336)	1:56.501 (1:07.165)	3:06.761 (1:10.260)		4:21.336 (1:14.576)
12	Peter Shippy	SO Dordt	4:23.23	2	
	49.742 (49.742)	1:56.780 (1:07.038)	3:09.128 (1:12.349)		4:23.226 (1:14.099)
13	Rams Andindi	FR Doane	4:25.92	1	
	53.483 (53.483)	2:06.815 (1:13.333)	3:19.399 (1:12.585)		4:25.911 (1:06.512)



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****....Event 5 Men 1500 Meter Run**

14	Caleb Roggenbuck	FR Morningside	4:27.35	1		
	53.713 (53.713)	2:03.088 (1:09.375)	3:13.212 (1:10.124)	4:27.343 (1:14.131)		
15	Duncan Blankenship	FR Doane	4:27.99	1		
	53.638 (53.638)	2:06.625 (1:12.987)	3:19.101 (1:12.476)	4:27.988 (1:08.888)		
16	Ethan Pankow	SO Concordia	4:30.92	1		
	53.393 (53.393)	2:05.567 (1:12.174)	3:19.844 (1:14.278)	4:30.915 (1:11.071)		
17	Zach Johnson	FR Concordia	4:31.83	1		
	53.562 (53.562)	2:06.204 (1:12.643)	3:20.886 (1:14.682)	4:31.825 (1:10.940)		
18	Tanner Arens	FR Morningside	4:31.92	1		
	54.070 (54.070)	2:07.150 (1:13.080)	3:21.838 (1:14.688)	4:31.914 (1:10.077)		
19	Joseph Kunert	SO Northwestern	4:32.57	2		
	48.941 (48.941)	1:58.366 (1:09.425)	3:15.299 (1:16.934)	4:32.567 (1:17.269)		
20	Kendall Van Zanten	JR Dordt	4:33.14	1		
	54.290 (54.290)	2:07.418 (1:13.128)	3:22.096 (1:14.679)	4:33.135 (1:11.040)		
21	Ethan Hensley	FR Concordia	4:35.20	1		
	54.264 (54.264)	2:07.803 (1:13.539)	3:21.650 (1:13.848)	4:35.197 (1:13.547)		

Event 6 Men 3000 Meter Steeplechase

GPAC Record: G 9:10.35 5/3/2014 Brock Taute, Neb Wesleyan

NAIA Auto: A 9:24.00

NAIA Prov.: B 9:32.00

Name	Year	School	Finals	H#	Points	
1	Nicolas Veldhorst	JR Dordt	9:45.34	2	10	
	40.386 (40.386)	1:54.749 (1:14.363)	3:10.763 (1:16.015)	4:28.117 (1:17.355)		
	5:48.551 (1:20.435)	7:07.779 (1:19.229)	8:26.163 (1:18.384)	9:45.339 (1:19.177)		
2	Camden Sesna	FR Concordia	9:53.73	2	8	
	40.760 (40.760)	1:55.563 (1:14.803)	3:11.691 (1:16.129)	4:31.929 (1:20.239)		
	5:53.244 (1:21.315)	7:13.578 (1:20.335)	8:35.118 (1:21.540)	9:53.722 (1:18.605)		
3	Franklin Reinders	SR Dordt	10:10.66	2	6	
	41.968 (41.968)	1:58.450 (1:16.483)	3:17.534 (1:19.085)	4:40.563 (1:23.029)		
	6:05.735 (1:25.173)	7:30.753 (1:25.018)	8:53.459 (1:22.706)	10:10.654 (1:17.196)		
4	Gavin Skorupa	FR Doane	10:10.81	2	5	
	40.196 (40.196)	1:55.049 (1:14.853)	3:11.291 (1:16.243)	4:31.636 (1:20.345)		
	5:55.850 (1:24.215)	7:21.338 (1:25.488)	8:48.595 (1:27.258)	10:10.807 (1:22.212)		
5	Calvin Rohde	FR Concordia	10:29.89	2	4	
	40.859 (40.859)	1:56.939 (1:16.080)	3:17.940 (1:21.002)	4:41.677 (1:23.737)		
	6:08.368 (1:26.691)	7:36.375 (1:28.008)	9:03.883 (1:27.508)	10:29.887 (1:26.005)		
6	Bailey Vander Grief	JR Dordt	10:46.17	2	3	
	42.243 (42.243)	2:03.298 (1:21.055)	3:27.035 (1:23.738)	4:52.509 (1:25.475)		
	6:18.412 (1:25.903)	7:46.847 (1:28.435)	9:18.147 (1:31.300)	10:46.164 (1:28.017)		
7	Antonio Blaine	FR Concordia	10:55.29	2	2	
	41.294 (41.294)	1:59.543 (1:18.250)	3:21.237 (1:21.695)	4:47.940 (1:26.704)		
	6:19.729 (1:31.789)	7:54.604 (1:34.876)	9:30.074 (1:35.470)	10:55.283 (1:25.210)		
8	Garrett Hanson	SO Morningside	10:59.66	2	1	
	42.498 (42.498)	2:02.679 (1:20.181)	3:27.885 (1:25.207)	4:56.758 (1:28.873)		
	6:30.364 (1:33.607)	8:05.034 (1:34.670)	9:40.027 (1:34.993)	10:59.653 (1:19.626)		



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9	Benjamin Aberson	SR Northwestern	10:59.81	2
	45.339 (45.339)	2:09.779 (1:24.440)	3:35.209 (1:25.430)	5:04.578 (1:29.370)
	6:34.330 (1:29.753)	8:06.974 (1:32.644)	9:41.255 (1:34.282)	10:59.807 (1:18.552)
10	Zach Elbers	JR Dordt	11:19.42	1
	46.090 (46.090)	2:10.734 (1:24.645)	3:35.217 (1:24.483)	5:03.377 (1:28.160)
	6:36.595 (1:33.219)	8:12.178 (1:35.584)	9:47.772 (1:35.594)	11:19.412 (1:31.640)
11	Tatum Jelleberg	FR Hastings	11:20.80	2
	42.419 (42.419)	1:59.803 (1:17.385)	3:24.179 (1:24.377)	4:55.317 (1:31.138)
	6:32.150 (1:36.834)	8:09.984 (1:37.834)	9:49.370 (1:39.387)	11:20.800 (1:31.430)
12	Brayden Effle	SO Mount Marty	11:30.18	1
	46.452 (46.452)	2:10.389 (1:23.937)	3:35.712 (1:25.323)	5:07.596 (1:31.885)
	6:44.111 (1:36.515)	8:23.016 (1:38.905)	10:01.703 (1:38.688)	11:30.172 (1:28.469)
13	Ben Schmidt	JR Dordt	11:33.31	2
	42.314 (42.314)	2:00.633 (1:18.319)	3:23.582 (1:22.950)	4:52.169 (1:28.588)
	6:21.728 (1:29.559)	8:04.345 (1:42.618)	9:49.007 (1:44.662)	11:33.304 (1:44.297)
14	Derek Janzen	JR Northwestern	11:35.33	1
	48.457 (48.457)	2:16.919 (1:28.462)	3:47.941 (1:31.022)	5:19.978 (1:32.038)
	6:54.027 (1:34.050)	8:29.643 (1:35.616)	10:04.715 (1:35.072)	11:35.327 (1:30.612)
15	Cristobal Gonzalez	FR Mount Marty	11:35.36	1
	47.602 (47.602)	2:13.843 (1:26.242)	3:40.624 (1:26.781)	5:12.524 (1:31.900)
	6:46.711 (1:34.187)	8:20.847 (1:34.137)	9:58.556 (1:37.709)	11:35.359 (1:36.804)
16	Ryan Evans	FR Doane	12:12.46	1
	47.302 (47.302)	2:11.318 (1:24.016)	3:37.456 (1:26.138)	5:09.255 (1:31.800)
	6:47.627 (1:38.373)	8:32.048 (1:44.421)	10:23.590 (1:51.542)	12:12.452 (1:48.862)
--	Wyatt Baldauf	FR Dakota Wesleyan	DNF	2
	42.628 (42.628)	2:01.418 (1:18.790)	3:27.504 (1:26.086)	4:58.985 (1:31.482)
	6:35.245 (1:36.260)	8:12.929 (1:37.684)		
--	Brandon Crom	JR Doane	DNF	1
	46.766 (46.766)	2:09.944 (1:23.179)	3:34.318 (1:24.375)	5:02.468 (1:28.150)
	6:41.612 (1:39.145)			

Event 7 Men 5000 Meter Run

GPAC Record: G 14:53.43 2011 Dana Schmidt, Concordia University
 NAIA Auto: A 14:45.00
 NAIA Prov.: B 14:59.00

Name	Year	School	Finals	Points
1	Dylan Hendricks	SR Northwestern	15:34.03	10
	37.407 (37.407)	1:52.040 (1:14.633)	3:04.728 (1:12.688)	4:19.161 (1:14.433)
	5:35.619 (1:16.458)	6:51.052 (1:15.433)	8:06.515 (1:15.463)	9:24.687 (1:18.172)
	10:38.428 (1:13.741)	11:54.222 (1:15.794)	13:11.559 (1:17.337)	14:24.800 (1:13.241)
	15:34.030 (1:09.230)			
2	Davis Tebben	JR Dordt	15:37.86	8
	37.224 (37.224)	1:51.726 (1:14.502)	3:04.470 (1:12.744)	4:18.953 (1:14.483)
	5:35.401 (1:16.448)	6:50.826 (1:15.425)	8:06.332 (1:15.506)	9:24.127 (1:17.795)
	10:37.887 (1:13.760)	11:53.553 (1:15.666)	13:11.324 (1:17.771)	14:26.745 (1:15.421)
	15:37.856 (1:11.111)			



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3	Eric Steiger	JR Dordt	15:48.56	6	
	36.759 (36.759)	1:50.920 (1:14.161)	3:03.872 (1:12.952)	4:19.441 (1:15.569)	
	5:35.869 (1:16.428)	6:51.297 (1:15.428)	8:06.786 (1:15.489)	9:24.396 (1:17.610)	
	10:38.142 (1:13.746)	11:53.946 (1:15.804)	13:13.121 (1:19.175)	14:32.089 (1:18.968)	
	15:48.560 (1:16.471)				
4	Joe Anderson	SO Dordt	15:59.23	5	
	37.023 (37.023)	1:51.212 (1:14.189)	3:04.248 (1:13.036)	4:18.828 (1:14.580)	
	5:35.287 (1:16.459)	6:50.604 (1:15.317)	8:06.236 (1:15.632)	9:25.053 (1:18.817)	
	10:42.758 (1:17.705)	12:02.444 (1:19.686)	13:24.735 (1:22.291)	14:44.080 (1:19.345)	
	15:59.230 (1:15.150)				
5	Thaniel Schroeder	SO Dordt	16:04.03	4	
	37.261 (37.261)	1:51.486 (1:14.225)	3:04.034 (1:12.548)	4:18.580 (1:14.546)	
	5:35.064 (1:16.484)	6:51.607 (1:16.543)	8:07.046 (1:15.439)	9:25.364 (1:18.318)	
	10:44.505 (1:19.141)	12:06.188 (1:21.683)	13:27.993 (1:21.805)	14:47.367 (1:19.374)	
	16:04.021 (1:16.654)				
6	Jose Gonzalez	FR Midland	16:17.07	3	
	37.797 (37.797)	1:57.053 (1:19.256)	3:14.057 (1:17.004)	4:30.489 (1:16.432)	
	5:46.293 (1:15.804)	7:03.249 (1:16.956)	8:21.347 (1:18.098)	9:40.068 (1:18.721)	
	11:00.230 (1:20.162)	12:25.851 (1:25.621)	13:50.609 (1:24.758)	15:09.014 (1:18.405)	
	16:17.061 (1:08.047)				
7	Connor Ritz	SR Morningside	16:25.34	2	
	38.353 (38.353)	1:56.999 (1:18.646)	3:13.132 (1:16.133)	4:30.252 (1:17.120)	
	5:47.724 (1:17.472)	7:07.237 (1:19.513)	8:27.716 (1:20.479)	9:48.490 (1:20.774)	
	11:09.615 (1:21.125)	12:32.231 (1:22.616)	13:54.126 (1:21.895)	15:14.485 (1:20.359)	
	16:25.332 (1:10.847)				
8	Ian Wiersma	JR Northwestern	16:25.78	1	
	38.754 (38.754)	1:57.819 (1:19.065)	3:13.302 (1:15.483)	4:29.737 (1:16.435)	
	5:45.338 (1:15.601)	7:04.349 (1:19.011)	8:24.285 (1:19.936)	9:45.006 (1:20.721)	
	11:07.032 (1:22.026)	12:30.211 (1:23.179)	13:53.762 (1:23.551)	15:14.770 (1:21.008)	
	16:25.773 (1:11.003)				
9	Alec Wick	JR Doane	16:33.09		
	38.232 (38.232)	1:56.351 (1:18.119)	3:12.643 (1:16.292)	4:30.061 (1:17.418)	
	5:47.811 (1:17.750)	7:07.947 (1:20.136)	8:29.126 (1:21.179)	9:50.274 (1:21.148)	
	11:11.138 (1:20.864)	12:34.790 (1:23.652)	13:57.503 (1:22.713)	15:17.487 (1:19.984)	
	16:33.083 (1:15.596)				
10	Thomas Oliver	FR Doane	16:34.65		
	37.922 (37.922)	1:57.321 (1:19.399)	3:15.012 (1:17.691)	4:34.198 (1:19.186)	
	5:53.512 (1:19.314)	7:14.058 (1:20.546)	8:33.895 (1:19.837)	9:55.184 (1:21.289)	
	11:17.646 (1:22.462)	12:41.165 (1:23.519)	14:04.754 (1:23.589)	15:26.431 (1:21.677)	
	16:34.649 (1:08.218)				
11	Nickolas Bernhagen	JR Northwestern	16:45.30		
	38.720 (38.720)	1:58.376 (1:19.656)	3:14.467 (1:16.091)	4:35.496 (1:21.029)	
	5:54.027 (1:18.531)	7:14.768 (1:20.741)	8:35.347 (1:20.579)	9:56.009 (1:20.662)	
	11:17.188 (1:21.179)	12:41.974 (1:24.786)	14:04.216 (1:22.242)	15:32.083 (1:27.867)	
	16:45.297 (1:13.214)				



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****....Event 7 Men 5000 Meter Run**

12	Alex Nonhof	SO Northwestern	16:46.25				
	39.111 (39.111)	1:58.596 (1:19.485)	3:15.971 (1:17.375)	4:35.456 (1:19.485)			
	5:54.436 (1:18.980)	7:15.992 (1:21.556)	8:36.333 (1:20.341)	9:56.980 (1:20.647)			
	11:19.840 (1:22.860)	12:44.414 (1:24.574)	14:08.015 (1:23.601)	15:30.666 (1:22.651)			
	16:46.244 (1:15.578)						
13	Brooks De Waard	JR Dordt	16:48.26				
	38.056 (38.056)	1:53.733 (1:15.677)	3:09.904 (1:16.171)	4:27.608 (1:17.704)			
	5:46.505 (1:18.897)	7:06.402 (1:19.897)	8:29.410 (1:23.008)	9:54.174 (1:24.764)			
	11:18.130 (1:23.956)	12:44.746 (1:26.616)	14:08.855 (1:24.109)	15:30.263 (1:21.408)			
	16:48.260 (1:17.997)						
14	Brian Santiago	SO Mount Marty	16:59.22				
	38.113 (38.113)	1:57.553 (1:19.440)	3:14.736 (1:17.183)	4:33.989 (1:19.253)			
	5:52.834 (1:18.845)	7:16.201 (1:23.367)	8:39.370 (1:23.169)	10:03.259 (1:23.889)			
	11:27.416 (1:24.157)	12:52.685 (1:25.269)	14:16.318 (1:23.633)	15:41.072 (1:24.754)			
	16:59.220 (1:18.148)						
15	Evan Wick	JR Doane	17:00.74				
	38.420 (38.420)	1:57.467 (1:19.047)	3:14.742 (1:17.275)	4:33.687 (1:18.945)			
	5:53.176 (1:19.489)	7:14.940 (1:21.764)	8:37.467 (1:22.527)	10:02.132 (1:24.665)			
	11:26.939 (1:24.807)	12:53.484 (1:26.545)	14:18.474 (1:24.990)	15:42.595 (1:24.121)			
	17:00.739 (1:18.144)						
16	Justin Ambrose	FR Morningside	17:04.68				
	39.414 (39.414)	1:58.951 (1:19.537)	3:16.586 (1:17.635)	4:36.163 (1:19.577)			
	5:56.889 (1:20.726)	7:20.700 (1:23.811)	8:44.049 (1:23.349)	10:08.393 (1:24.344)			
	11:32.397 (1:24.004)	12:57.347 (1:24.950)	14:21.643 (1:24.296)	15:45.872 (1:24.229)			
	17:04.672 (1:18.800)						
17	Leviticus Cross	JR Northwestern	17:11.65				
	38.850 (38.850)	1:58.310 (1:19.460)	3:15.614 (1:17.304)	4:34.839 (1:19.225)			
	5:54.214 (1:19.375)	7:15.156 (1:20.942)	8:36.214 (1:21.058)	9:56.443 (1:20.229)			
	11:21.026 (1:24.583)	12:49.371 (1:28.345)	14:18.135 (1:28.764)	15:45.996 (1:27.861)			
	17:11.650 (1:25.654)						
18	Camden Sesna	FR Concordia	17:15.74				
	37.622 (37.622)	1:52.402 (1:14.780)	3:05.116 (1:12.714)	4:19.712 (1:14.596)			
	5:37.478 (1:17.766)	7:01.400 (1:23.922)	8:28.100 (1:26.700)	9:54.734 (1:26.634)			
	11:20.932 (1:26.198)	12:51.057 (1:30.125)	14:19.774 (1:28.717)	15:49.802 (1:30.028)			
	17:15.740 (1:25.938)						
19	Wyatt Lehr	SO Concordia	17:24.98				
	39.423 (39.423)	1:58.887 (1:19.464)	3:15.545 (1:16.658)	4:35.143 (1:19.598)			
	5:54.995 (1:19.852)	7:16.779 (1:21.784)	8:38.946 (1:22.167)	10:05.495 (1:26.549)			
	11:32.167 (1:26.672)	12:59.487 (1:27.320)	14:27.292 (1:27.805)	15:57.123 (1:29.831)			
	17:24.977 (1:27.854)						
20	Zach Hole	SO Hastings	17:54.06				
	39.039 (39.039)	1:58.564 (1:19.525)	3:15.283 (1:16.719)	4:34.337 (1:19.054)			
	5:53.742 (1:19.405)	7:15.745 (1:22.003)	8:38.158 (1:22.413)	10:05.165 (1:27.007)			
	11:34.100 (1:28.935)	13:08.243 (1:34.143)	14:41.959 (1:33.716)	16:19.669 (1:37.710)			
	17:54.054 (1:34.385)						



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021

Concordia University

Results

....Event 7 Men 5000 Meter Run

21	Joseph Kunert	SO Northwestern	18:21.09				
	38.627 (38.627)	1:57.983 (1:19.356)	3:13.592 (1:15.609)	4:33.401 (1:19.809)			
	5:55.573 (1:22.172)	7:24.781 (1:29.208)	8:54.995 (1:30.214)	10:27.036 (1:32.041)			
	12:01.895 (1:34.859)	13:39.613 (1:37.718)	15:13.251 (1:33.638)	16:50.985 (1:37.734)			
	18:21.087 (1:30.102)						
--	Jakob VanDerWerff	SO Northwestern	DNF				
	38.506 (38.506)	1:57.699 (1:19.193)	3:12.829 (1:15.130)	4:28.757 (1:15.928)			
	5:44.882 (1:16.125)	7:03.917 (1:19.035)	8:23.223 (1:19.306)	9:44.229 (1:21.006)			
	11:06.804 (1:22.575)						
--	Jacob Vander Plaats	SR Dordt	DNF				
	37.882 (37.882)	1:53.430 (1:15.548)	3:09.578 (1:16.148)	4:26.639 (1:17.061)			
	5:44.262 (1:17.623)	7:02.999 (1:18.737)	8:22.382 (1:19.383)	9:43.323 (1:20.941)			
	11:06.985 (1:23.662)	12:31.919 (1:24.934)					

Event 8 Men 10000 Meter Run

=====
 GPAC Record: G 30:55.24 1991 Garry Wasserman, Nebraska Weseley
 NAIA Auto: A 31:16.00
 NAIA Prov.: B 31:45.00

Name	Year	School	Finals	Points			
=====							
1	Dylan Hendricks	SR Northwestern	32:52.28	10			
	1:10.798 (1:10.798)	2:24.052 (1:13.254)	3:39.420 (1:15.369)	4:54.094 (1:14.674)			
	6:09.719 (1:15.625)	7:25.141 (1:15.423)	8:42.184 (1:17.044)	9:58.457 (1:16.273)			
	11:15.305 (1:16.848)	12:32.862 (1:17.557)	13:51.742 (1:18.881)	15:10.693 (1:18.951)			
	16:30.779 (1:20.086)	17:52.977 (1:22.199)	19:15.731 (1:22.754)	20:37.997 (1:22.266)			
	22:03.152 (1:25.155)	23:27.578 (1:24.427)	24:50.961 (1:23.383)	26:14.929 (1:23.968)			
	27:37.747 (1:22.818)	28:58.924 (1:21.178)	30:19.252 (1:20.328)	31:36.611 (1:17.359)			
	32:52.276 (1:15.665)						
2	Jose Gonzalez	FR Midland	33:08.49	8			
	1:14.674 (1:14.674)	2:33.871 (1:19.198)	3:52.877 (1:19.007)	5:11.064 (1:18.188)			
	6:30.914 (1:19.850)	7:49.597 (1:18.683)	9:07.448 (1:17.852)	10:24.699 (1:17.251)			
	11:44.879 (1:20.181)	13:07.403 (1:22.524)	14:30.699 (1:23.297)	15:53.234 (1:22.535)			
	17:13.165 (1:19.932)	18:32.676 (1:19.511)	19:51.989 (1:19.314)	21:11.815 (1:19.826)			
	22:31.304 (1:19.490)	23:53.024 (1:21.720)	25:17.556 (1:24.532)	26:44.736 (1:27.180)			
	28:09.438 (1:24.703)	29:32.932 (1:23.494)	30:51.966 (1:19.035)	32:05.530 (1:13.565)			
	33:08.487 (1:02.958)						
3	Ethan Summerhays	FR Dordt	33:16.51	6			
	1:15.656 (1:15.656)	2:34.611 (1:18.955)	3:52.250 (1:17.640)	5:11.372 (1:19.122)			
	6:31.075 (1:19.704)	7:48.452 (1:17.378)	9:07.529 (1:19.078)	10:26.794 (1:19.265)			
	11:47.219 (1:20.426)	13:06.601 (1:19.382)	14:26.438 (1:19.838)	15:45.534 (1:19.097)			
	17:06.737 (1:21.203)	18:25.247 (1:18.510)	19:48.602 (1:23.355)	21:09.939 (1:21.338)			
	22:31.563 (1:21.624)	23:53.507 (1:21.944)	25:17.595 (1:24.089)	26:41.642 (1:24.047)			
	28:03.654 (1:22.013)	29:26.547 (1:22.893)	30:48.718 (1:22.172)	32:06.680 (1:17.963)			
	33:16.508 (1:09.828)						



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****....Event 8 Men 10000 Meter Run**

4	Alec Wick	JR Doane	33:24.12	5
	1:14.151 (1:14.151)	2:32.018 (1:17.868)	3:51.687 (1:19.669)	5:10.632 (1:18.946)
	6:30.263 (1:19.631)	7:47.962 (1:17.700)	9:07.138 (1:19.176)	10:26.112 (1:18.975)
	11:46.845 (1:20.733)	13:07.987 (1:21.142)	14:29.039 (1:21.053)	15:49.428 (1:20.390)
	17:09.835 (1:20.408)	18:31.454 (1:21.620)	19:54.201 (1:22.747)	21:17.279 (1:23.078)
	22:39.703 (1:22.425)	24:02.073 (1:22.370)	25:25.502 (1:23.429)	26:49.157 (1:23.656)
	28:12.134 (1:22.978)	29:33.797 (1:21.663)	30:53.654 (1:19.857)	32:11.629 (1:17.976)
	33:24.112 (1:12.483)			
5	Alex France	SO Midland	33:27.11	4
	1:19.772 (1:19.772)	2:41.641 (1:21.869)	4:02.875 (1:21.235)	5:24.769 (1:21.894)
	6:46.479 (1:21.711)	8:07.771 (1:21.292)	9:28.572 (1:20.802)	10:49.102 (1:20.530)
	12:11.556 (1:22.455)	13:33.697 (1:22.141)	14:54.695 (1:20.999)	16:15.894 (1:21.200)
	17:37.419 (1:21.525)	18:58.270 (1:20.852)	20:19.089 (1:20.820)	21:37.827 (1:18.738)
	22:57.902 (1:20.075)	24:18.380 (1:20.479)	25:38.790 (1:20.410)	26:59.162 (1:20.373)
	28:19.192 (1:20.030)	29:37.520 (1:18.329)	30:55.809 (1:18.290)	32:13.707 (1:17.898)
	33:27.102 (1:13.395)			
6	Evan Wick	JR Doane	33:58.49	3
	1:14.469 (1:14.469)	2:32.251 (1:17.782)	3:51.852 (1:19.601)	5:10.829 (1:18.978)
	6:30.273 (1:19.445)	7:48.095 (1:17.823)	9:07.345 (1:19.250)	10:26.434 (1:19.090)
	11:47.059 (1:20.625)	13:09.379 (1:22.320)	14:30.290 (1:20.912)	15:51.626 (1:21.336)
	17:14.212 (1:22.586)	18:37.554 (1:23.343)	20:02.364 (1:24.810)	21:26.581 (1:24.217)
	22:50.672 (1:24.092)	24:15.932 (1:25.260)	25:39.934 (1:24.003)	27:04.049 (1:24.115)
	28:30.908 (1:26.859)	29:57.033 (1:26.125)	31:21.014 (1:23.982)	32:42.778 (1:21.764)
	33:58.488 (1:15.710)			
7	Nickolas Bernhagen	JR Northwestern	34:05.56	2
	1:15.171 (1:15.171)	2:34.448 (1:19.278)	3:52.089 (1:17.641)	5:10.909 (1:18.820)
	6:30.682 (1:19.774)	7:48.287 (1:17.605)	9:06.747 (1:18.461)	10:25.275 (1:18.528)
	11:45.146 (1:19.871)	13:03.325 (1:18.180)	14:21.878 (1:18.553)	15:42.167 (1:20.290)
	17:02.344 (1:20.177)	18:24.565 (1:22.222)	19:49.612 (1:25.048)	21:14.286 (1:24.674)
	22:38.729 (1:24.443)	24:03.928 (1:25.200)	25:29.034 (1:25.107)	26:55.323 (1:26.289)
	28:34.770 (1:39.448)	30:02.504 (1:27.734)	31:30.438 (1:27.935)	32:56.977 (1:26.540)
	34:05.557 (1:08.580)			
8	Connor Ritz	SR Morningside	34:17.89	1
	1:15.333 (1:15.333)	2:34.121 (1:18.788)	3:51.925 (1:17.805)	5:10.614 (1:18.689)
	6:30.450 (1:19.837)	7:48.926 (1:18.476)	9:08.547 (1:19.622)	10:29.127 (1:20.580)
	11:50.424 (1:21.298)	13:13.121 (1:22.697)	14:36.356 (1:23.235)	15:58.894 (1:22.538)
	17:22.787 (1:23.893)	18:48.112 (1:25.325)	20:13.435 (1:25.324)	21:38.888 (1:25.453)
	23:04.387 (1:25.500)	24:30.359 (1:25.973)	25:55.996 (1:25.637)	27:21.204 (1:25.209)
	28:46.991 (1:25.787)	30:11.694 (1:24.704)	31:35.669 (1:23.975)	32:58.950 (1:23.281)
	34:17.884 (1:18.934)			
9	Brian Santiago	SO Mount Marty	34:29.47	
	1:15.126 (1:15.126)	2:33.358 (1:18.233)	3:52.380 (1:19.023)	5:11.672 (1:19.293)
	6:31.276 (1:19.604)	7:49.242 (1:17.966)	9:08.862 (1:19.621)	10:29.543 (1:20.681)
	11:51.221 (1:21.678)	13:15.246 (1:24.025)	14:39.247 (1:24.001)	16:03.922 (1:24.676)
	17:28.749 (1:24.827)	18:53.509 (1:24.761)	20:16.853 (1:23.344)	21:41.037 (1:24.185)
	23:06.222 (1:25.185)	24:30.807 (1:24.585)	25:54.953 (1:24.146)	27:21.019 (1:26.066)
	28:47.678 (1:26.660)	30:14.026 (1:26.348)	31:41.444 (1:27.418)	33:07.291 (1:25.848)
	34:29.464 (1:22.173)			



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10	Thomas Oliver	FR Doane	34:54.71				
	1:13.924 (1:13.924)	2:31.929 (1:18.005)	3:51.987 (1:20.059)	5:10.926 (1:18.939)			
	6:30.327 (1:19.401)	7:47.232 (1:16.905)	9:06.527 (1:19.296)	10:25.605 (1:19.078)			
	11:46.552 (1:20.948)	13:09.139 (1:22.588)	14:33.358 (1:24.219)	15:58.377 (1:25.019)			
	17:23.246 (1:24.870)	18:49.809 (1:26.564)	20:17.108 (1:27.299)	21:40.368 (1:23.260)			
	23:07.628 (1:27.260)	24:36.472 (1:28.845)	26:05.805 (1:29.333)	27:36.280 (1:30.475)			
	29:06.303 (1:30.023)	30:37.136 (1:30.833)	32:08.387 (1:31.251)	33:38.943 (1:30.557)			
	34:54.708 (1:15.765)						
11	Jordan Lorenz	JR Concordia	35:19.68				
	1:14.979 (1:14.979)	2:34.363 (1:19.385)	3:52.552 (1:18.189)	5:11.323 (1:18.772)			
	6:31.162 (1:19.840)	7:49.853 (1:18.691)	9:10.652 (1:20.800)	10:33.615 (1:22.963)			
	11:56.184 (1:22.570)	13:20.743 (1:24.559)	14:45.292 (1:24.550)	16:08.833 (1:23.541)			
	17:34.160 (1:25.328)	19:00.420 (1:26.260)	20:27.809 (1:27.389)	21:55.892 (1:28.083)			
	23:24.533 (1:28.642)	24:53.425 (1:28.893)	26:22.454 (1:29.029)	27:54.084 (1:31.631)			
	29:26.667 (1:32.583)	30:57.401 (1:30.735)	32:28.142 (1:30.741)	33:57.158 (1:29.017)			
	35:19.678 (1:22.520)						
12	Ricky Herman	SO Concordia	35:54.81				
	1:15.291 (1:15.291)	2:34.107 (1:18.816)	3:52.592 (1:18.485)	5:11.674 (1:19.083)			
	6:31.447 (1:19.773)	7:50.797 (1:19.350)	9:12.294 (1:21.498)	10:36.444 (1:24.150)			
	12:03.632 (1:27.188)	13:32.305 (1:28.674)	14:58.240 (1:25.935)	16:25.984 (1:27.745)			
	17:54.002 (1:28.018)	19:23.006 (1:29.005)	20:51.852 (1:28.847)	22:20.726 (1:28.874)			
	23:50.672 (1:29.947)	25:21.931 (1:31.259)	26:53.880 (1:31.950)	28:25.842 (1:31.963)			
	29:59.164 (1:33.322)	31:30.842 (1:31.678)	33:01.669 (1:30.828)	34:32.159 (1:30.491)			
	35:54.804 (1:22.645)						
13	Zach Hole	SO Hastings	36:05.16				
	1:16.832 (1:16.832)	2:34.769 (1:17.938)	3:52.845 (1:18.076)	5:11.976 (1:19.131)			
	6:31.554 (1:19.579)	7:49.959 (1:18.405)	9:09.050 (1:19.092)	10:29.814 (1:20.764)			
	11:51.785 (1:21.972)	13:15.528 (1:23.743)	14:42.547 (1:27.019)	16:11.865 (1:29.319)			
	17:42.457 (1:30.593)	19:14.217 (1:31.760)	20:46.413 (1:32.196)	22:19.100 (1:32.688)			
	23:51.961 (1:32.861)	25:25.777 (1:33.816)	27:00.696 (1:34.920)	28:35.147 (1:34.451)			
	30:07.713 (1:32.567)	31:39.217 (1:31.505)	33:08.128 (1:28.911)	34:34.087 (1:25.960)			
	36:05.155 (1:31.068)						
14	Riley Chartier	SR Northwestern	36:17.21				
	1:16.422 (1:16.422)	2:37.088 (1:20.667)	3:57.111 (1:20.023)	5:17.495 (1:20.385)			
	6:37.345 (1:19.850)	8:00.099 (1:22.755)	9:26.301 (1:26.202)	10:52.734 (1:26.434)			
	12:19.089 (1:26.355)	13:44.698 (1:25.610)	15:12.142 (1:27.445)	16:41.652 (1:29.510)			
	18:12.057 (1:30.406)	19:42.352 (1:30.295)	21:12.934 (1:30.583)	22:38.704 (1:25.770)			
	24:06.740 (1:28.036)	25:40.817 (1:34.078)	27:11.739 (1:30.923)	28:46.762 (1:35.023)			
	30:19.730 (1:32.968)	31:49.704 (1:29.974)	33:25.061 (1:35.358)	34:55.955 (1:30.895)			
	36:17.209 (1:21.254)						
15	Wyatt Lehr	SO Concordia	36:31.12				
	1:17.379 (1:17.379)	2:37.247 (1:19.869)	3:58.614 (1:21.368)	5:19.170 (1:20.556)			
	6:41.411 (1:22.241)	8:05.097 (1:23.686)	9:29.785 (1:24.689)	10:55.215 (1:25.430)			
	12:21.710 (1:26.495)	13:48.487 (1:26.778)	15:16.144 (1:27.658)	16:44.649 (1:28.505)			
	18:14.706 (1:30.057)	19:44.112 (1:29.406)	21:14.574 (1:30.463)	22:44.934 (1:30.360)			
	24:15.876 (1:30.943)	25:48.191 (1:32.315)	27:19.709 (1:31.519)	28:51.928 (1:32.219)			
	30:25.417 (1:33.490)	31:58.313 (1:32.896)	33:30.237 (1:31.924)	35:01.615 (1:31.379)			
	36:31.116 (1:29.501)						



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****....Event 8 Men 10000 Meter Run**

16	Nick Zadar	JR Concordia	36:55.22
	1:17.982 (1:17.982)	2:37.867 (1:19.885)	3:58.897 (1:21.030)
	6:43.992 (1:23.543)	8:09.802 (1:25.810)	9:35.737 (1:25.935)
	12:26.925 (1:25.595)	13:54.329 (1:27.405)	15:22.642 (1:28.313)
	18:22.489 (1:30.470)	19:53.261 (1:30.772)	21:23.204 (1:29.943)
	24:25.697 (1:32.380)	25:59.919 (1:34.223)	27:33.024 (1:33.105)
	30:37.766 (1:32.781)	32:13.733 (1:35.968)	33:49.896 (1:36.163)
	36:55.217 (1:30.003)		
17	Dawson Jacobsma	JR Northwestern	36:56.44
	1:16.697 (1:16.697)	2:37.368 (1:20.671)	3:58.172 (1:20.804)
	6:42.440 (1:22.767)	8:06.150 (1:23.710)	9:30.669 (1:24.519)
	12:26.650 (1:28.675)	13:55.704 (1:29.055)	15:25.137 (1:29.433)
	18:24.347 (1:29.210)	19:55.687 (1:31.341)	21:26.079 (1:30.392)
	24:30.879 (1:32.462)	26:03.607 (1:32.728)	27:36.794 (1:33.188)
	30:45.076 (1:34.230)	32:21.062 (1:35.986)	33:56.379 (1:35.318)
	36:56.436 (1:26.880)		
18	Samuel Saldivar	JR Doane	37:03.15
	1:17.399 (1:17.399)	2:36.787 (1:19.388)	3:56.700 (1:19.914)
	6:40.608 (1:22.267)	8:05.525 (1:24.918)	9:31.734 (1:26.210)
	12:28.065 (1:28.842)	13:54.714 (1:26.650)	15:20.394 (1:25.680)
	18:18.747 (1:30.355)	19:50.000 (1:31.253)	21:20.916 (1:30.916)
	24:24.977 (1:31.038)	25:57.277 (1:32.301)	27:32.399 (1:35.123)
	30:36.934 (1:32.370)	32:06.430 (1:29.497)	33:32.643 (1:26.213)
	37:03.147 (1:28.684)		
19	Hayden Lee	JR Northwestern	37:15.21
	1:18.977 (1:18.977)	2:41.310 (1:22.333)	4:04.955 (1:23.645)
	6:54.564 (1:25.520)	8:20.954 (1:26.390)	9:49.395 (1:28.442)
	12:46.289 (1:28.501)	14:15.192 (1:28.903)	15:44.654 (1:29.463)
	18:45.472 (1:31.356)	20:16.262 (1:30.790)	21:46.217 (1:29.955)
	24:51.595 (1:32.942)	26:23.825 (1:32.230)	27:55.492 (1:31.667)
	31:00.788 (1:33.032)	32:34.697 (1:33.910)	34:08.822 (1:34.125)
	37:15.209 (1:31.257)		
20	Zach Potratz	JR Concordia	39:24.75
	1:23.122 (1:23.122)	2:51.352 (1:28.230)	4:22.254 (1:30.903)
	7:27.771 (1:33.440)	9:02.648 (1:34.878)	10:38.533 (1:35.885)
	13:50.552 (1:35.247)	15:25.344 (1:34.792)	17:01.200 (1:35.857)
	20:10.206 (1:34.433)	21:46.793 (1:36.588)	23:24.604 (1:37.812)
	26:38.707 (1:36.974)	28:15.476 (1:36.770)	29:51.454 (1:35.979)
	33:05.697 (1:37.407)	34:44.521 (1:38.824)	36:22.554 (1:38.034)
	39:24.749 (1:26.637)		
21	Caleb Roberts	JR Concordia	42:01.78
	1:22.409 (1:22.409)	2:50.263 (1:27.855)	4:20.659 (1:30.396)
	7:27.028 (1:33.855)	9:02.176 (1:35.148)	10:38.467 (1:36.291)
	13:56.899 (1:39.951)	15:36.424 (1:39.525)	17:17.052 (1:40.628)
	20:40.442 (1:43.320)	22:24.181 (1:43.740)	24:07.909 (1:43.729)
	27:41.157 (1:47.699)	29:30.665 (1:49.508)	31:19.709 (1:49.044)
	34:57.420 (1:48.946)	36:48.139 (1:50.720)	38:34.460 (1:46.321)
	42:01.777 (1:42.118)		



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021

Concordia University

Results

....Event 8 Men 10000 Meter Run

--	Jakob VanDerWerff	SO Northwestern		DNF			
	1:14.898 (1:14.898)	2:33.999 (1:19.101)	3:52.242 (1:18.243)	5:11.182 (1:18.941)			
	6:30.616 (1:19.434)	7:47.549 (1:16.934)	9:06.992 (1:19.443)	10:26.397 (1:19.405)			
	11:46.378 (1:19.981)	13:07.664 (1:21.286)	14:30.076 (1:22.413)	15:52.899 (1:22.823)			
	17:16.731 (1:23.833)						
--	Keaton Burgess	SO Concordia		DNF			
	1:26.992 (1:26.992)	3:03.627 (1:36.635)	4:43.398 (1:39.771)	6:24.867 (1:41.469)			
	8:07.282 (1:42.415)	9:53.162 (1:45.881)	11:39.587 (1:46.425)	13:25.993 (1:46.407)			
	15:17.390 (1:51.398)	17:09.081 (1:51.691)	19:00.381 (1:51.300)	20:52.416 (1:52.035)			
	22:46.199 (1:53.783)	24:38.312 (1:52.113)	26:34.074 (1:55.763)	28:25.818 (1:51.744)			

Event 9 Men 110 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 5 Best Times

=====

GPAC Record: G 14.04 1996 Adam Decker, Nebraska Wesleyan Univ.
 NAIA Auto: A 14.75
 NAIA Prov.: B 14.95

Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1	Zach Turner	FR Doane	A 14.69Q	NWI	2
2	Paul Plowcha	SO Hastings	A 14.73Q	NWI	1
3	John Krejci	FR Doane	15.09Q	NWI	3
4	Seth Wiebelhaus	SO Mount Marty	14.97q	NWI	2
5	Levi Sudbeck	SR Doane	15.00q	NWI	2
6	Wilton George	FR Briar Cliff	15.20q	NWI	1
7	Cody Williams	JR Concordia	15.38q	NWI	3
8	Joshua Van Hulzen	SO Dordt	15.49q	NWI	1
9	Jesse Van Hemert	FR Mount Marty	15.58	NWI	3
10	Kyle Baumert	SO Dordt	15.83	NWI	2
11	Austin Freiberg	FR Morningside	15.89	NWI	3
12	Justin Groen	SO Dordt	15.91	NWI	1
13	Lyndon Harrison	FR Mount Marty	16.04	NWI	3
14	Cooper Christians	SO Morningside	16.08	NWI	1
15	Carson Woodward	FR Midland	16.18	NWI	2
16	Matthew Horstman	SO Northwestern	16.24	NWI	3
17	Wyatt Runck	FR Jamestown	16.39	NWI	2
18	Gideon Brandsma	SR Dordt	16.42	NWI	1
19	Bryson Tripp	FR Jamestown	16.99	NWI	1
20	Ian McGaughey	SR Dordt	17.21	NWI	2
21	Darien Hauf	FR Jamestown	17.26	NWI	3



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****Event 9 Men 110 Meter Hurdles**

GPAC Record: G 14.04 1996 Adam Decker, Nebraska Wesleyan Univ.
 NAIA Auto: A 14.75
 NAIA Prov.: B 14.95

Name	Year	School	Finals	Wind	Points
Finals					
1	Zach	Turner	FR	Doane	14.08A NWI 10
2	Paul	Plowcha	SO	Hastings	14.46A NWI 8
3	John	Krejci	FR	Doane	14.77B NWI 6
4	Wilton	George	FR	Briar Cliff	14.91B NWI 5
5	Joshua	Van Hulzen	SO	Dordt	15.15 NWI 4
6	Seth	Wiebelhaus	SO	Mount Marty	15.31 NWI 3
7	Levi	Sudbeck	SR	Doane	15.78 NWI 2
--	Cody	Williams	JR	Concordia	DNF NWI

Event 10 Men 400 Meter Hurdles

GPAC Record: G 52.01 2006 Jeff Luebbe, Doane College
 NAIA Auto: A 53.90
 NAIA Prov.: B 54.65

Name	Year	School	Finals	H#	Points
1	Logan	Hammond	JR	Doane	53.74A 3 10
2	Zach	Turner	FR	Doane	54.63B 3 8
3	Jesse	Van Hemert	FR	Mount Marty	55.17 3 6
4	Brian	Clausen	FR	Hastings	55.52 3 5
5	John	Krejci	FR	Doane	56.86 3 4
6	Henry	Reimer	JR	Concordia	57.18 3 3
7	Nick	Edwards	JR	Hastings	57.52 2 2
8	Braeden	Knutson	FR	Jamestown	57.58 2 1
9	Peyton	Miller	JR	Dordt	58.06 3
10	Matthew	Horstman	SO	Northwestern	58.07 3
11	Kameron	Farmer	FR	Concordia	58.77 2
12	Isaac	Hegdahl	FR	Mount Marty	59.15 2
13	Ian	McGaughey	SR	Dordt	59.17 2
14	Adam	Baker	FR	Doane	59.58 2
15	Darien	Hauf	FR	Jamestown	59.98 1
16	Carson	Woodward	FR	Midland	1:00.24 2
17	Jayden	Gonzalez	FR	Hastings	1:00.35 1
18	Bryson	Tripp	FR	Jamestown	1:01.44 1
19	Wyatt	Runck	FR	Jamestown	1:01.54 1
20	Shane	Smith	SO	Hastings	1:02.80 2
21	Marc	Freiberg	FR	Concordia	1:02.95 1
22	Brian	Sosa	SO	Briar Cliff	1:03.19 1
23	Mitchell	Knapp	FR	Hastings	1:07.52 1



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021

Concordia University

Results

Event 11 Men 4x100 Meter Relay

GPAC Record: G 40.58 2011 Doane, Doane College
 B. McCaleb, T. Hodges, C. Busby, B. Lawrence

NAIA Auto: A 41.53

NAIA Prov.: B 41.99

School	Finals	Points
1 Concordia University	42.35	10
1) Cade Kleckner FR	2) Joel Rathe FR	
3) Jacob Jennings FR	4) Colton Meyer FR	
2 Doane	42.57	8
1) Christopher Vincent FR	2) Logan Hammond JR	
3) Austin Drake SO	4) Zach Turner FR	
3 Northwestern College	42.59	6
1) Daniel Strand JR	2) Cody Post SO	
3) Braden Jahn SO	4) James Gilbert SO	
4 Briar Cliff	43.07	5
1) jalen cook FR	2) Wilton George FR	
3) Tulsa Janish SO	4) Ryan Kotey FR	
5 Dordt	43.88	4
1) Nathan Kabongo SR	2) Micah Brands JR	
3) Joshua Deines SO	4) Luke Wagner FR	
6 Jamestown	44.66	3
1) Christopher Sayler FR	2) Braeden Knutson FR	
3) Obed Karege SO	4) Braedon Gumke SO	
7 Midland	45.28	2
1) Shandon Reitzell FR	2) Adrien Patigny FR	
3) Eli Hustad FR	4) Abbas Muhammad III SO	
-- Morningside	DQ	15.9.2
1) Wyatt McAlpin SR	2) Chandler Damewood SO	
3) Lane Ausdemore JR	4) Zac Hazen SR	

Event 12 Men 4x400 Meter Relay

GPAC Record: G 3:12.62 5/11/2007 Hastings College, Hastings
 T Redinger, B Gamble, L Beethe, B Diamond

NAIA Auto: A 3:16.00

NAIA Prov.: B 3:17.70

School	Finals	H#	Points
1 Dordt	3:16.03B	2	10
1) Luke Wagner FR	2) Micah Brands JR		
3) Payton Mauldin FR	4) Matthew Van Eps SR		
1:39.750 (1:39.750)	2:27.923 (48.174)	3:16.025 (48.102)	
2 Briar Cliff	3:18.97	2	8
1) jalen cook FR	2) Ryan Kotey FR		
3) AJ Lefler SR	4) Ben Jefferies SO		
1:39.547 (1:39.547)	2:30.690 (51.143)	3:18.962 (48.273)	
3 Mount Marty	3:19.94	2	6



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021

Concordia University

Results

....Event 12 Men 4x400 Meter Relay

1) Jesse Van Hemert FR	2) Mason Schlunsen SO				
3) Taven McKee SO	4) Paul Paul JR				
1:41.593 (1:41.593)	2:33.005 (51.412)	3:19.938 (46.934)			
4 Northwestern College		3:20.06	2		5
1) Wyatt Pryor FR	2) Mitchell Oostra SO				
3) Bryant Agre FR	4) Joshua Van Dusseldorp SR				
1:40.104 (1:40.104)	2:30.946 (50.842)	3:20.057 (49.112)			
5 Concordia University		3:20.23	2		4
1) Cade Kleckner FR	2) Jacob Jennings FR				
3) Henry Reimer JR	4) Colton Meyer FR				
1:39.274 (1:39.274)	2:32.098 (52.825)	3:20.221 (48.124)			
6 Doane		3:20.77	2		3
1) Austin Drake SO	2) Logan Hammond JR				
3) Jordan Tasler FR	4) Zach Turner FR				
1:40.559 (1:40.559)	2:32.317 (51.759)	3:20.766 (48.450)			
7 Jamestown		3:26.57	2		2
1) Braeden Knutson FR	2) Noah Mang SO				
3) Obed Karege SO	4) Lorenzo Maldonado SO				
1:44.365 (1:44.365)	2:35.378 (51.014)	3:26.566 (51.188)			
8 Morningside		3:29.15	2		1
1) Camden Beller JR	2) Zach Ambrose SR				
3) Dylan Lindstrom JR	4) Tyler Carney JR				
1:43.123 (1:43.123)	2:36.634 (53.511)	3:29.145 (52.511)			
9 Midland		3:30.41	1		
1) Matthew Welton FR	2) Adrien Patigny FR				
3) Shandon Reitzell FR	4) Carson Woodward FR				
1:43.923 (1:43.923)	2:36.045 (52.123)	3:30.409 (54.364)			

Event 13 Men 4x800 Meter Relay

GPAC Record: G 7:37.92 2019 Dordt, Dordt University
 C Herman, J Merkle, L Van Eps, M Van Eps

NAIA Auto: A 7:44.00

NAIA Prov.: B 7:48.00

School Finals Points

1 Dordt		7:43.80A	10		
1) Lance Van Zee JR	2) Cole Zevenbergen FR				
3) Jebadiah Merkle JR	4) Payton Mauldin FR				
1:57.454 (1:57.454)	3:54.759 (1:57.305)	5:50.640 (1:55.881)	7:43.792 (1:53.153)		
2 Doane		7:44.55B	8		
1) Gavin Skorupa FR	2) Trace Ebert FR				
3) Aidan Wheelock FR	4) Kalen Dockwiler FR				
1:57.082 (1:57.082)	3:54.831 (1:57.749)	5:49.467 (1:54.636)	7:44.545 (1:55.079)		
3 Morningside		7:45.47B	6		
1) Camden Beller JR	2) Zach Ambrose SR				
3) Dylan Lindstrom JR	4) Tyler Carney JR				
1:56.820 (1:56.820)	3:53.348 (1:56.528)	5:47.160 (1:53.812)	7:45.465 (1:58.305)		
4 Northwestern College		7:49.69	5		



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****....Event 13 Men 4x800 Meter Relay**

1) Isaiah Lee JR	2) Avery Pater FR						
3) Drew Van Hauen FR	4) Joshua Van Dusseldorp SR						
1:57.877 (1:57.877)	3:55.290 (1:57.413)	5:54.849 (1:59.560)	7:49.689 (1:54.840)				
5 Concordia University		7:55.28	4				
1) Calvin Rohde FR	2) Camden Sesna FR						
3) Cameron Gray JR	4) Christian Van Cleave JR						
1:57.275 (1:57.275)	3:55.177 (1:57.903)	5:57.197 (2:02.020)	7:55.272 (1:58.075)				
6 Mount Marty		8:10.84	3				
1) Mason Schlunsen SO	2) Caden Ideker FR						
3) Steven Thompson FR	4) Nathaniel Kropuenske FR						
1:58.018 (1:58.018)	3:57.896 (1:59.878)	6:05.276 (2:07.380)	8:10.832 (2:05.557)				
7 Jamestown		8:23.71	2				
1) Noah Mang SO	2) David Martin FR						
3) Andrew Hornung SR	4) Lorenzo Maldonado SO						
2:02.806 (2:02.806)	4:09.292 (2:06.486)	6:17.020 (2:07.729)	8:23.701 (2:06.681)				
8 Hastings		8:31.33	1				
1) Aaron Ochsner FR	2) Brian Clausen FR						
3) Tatum Jelleberg FR	4) Ivan Varela FR						
2:12.147 (2:12.147)	4:14.604 (2:02.458)	6:25.192 (2:10.588)	8:31.325 (2:06.133)				
-- Dakota Wesleyan		DNF					
1) Wyatt Baldauf FR	2) Devin Rihaneck JR						
3) Hunter Shanks FR	4) Justin Sorensen FR						
2:03.207 (2:03.207)							

Event 14 Men Long Jump

GPAC Record: G 7.93m 5/5/2012 Ronnie Taylor, Hastings

NAIA Auto: A 7.25m

NAIA Prov.: B 7.15m

Name	Year	School	Finals	Wind	H#	Points
1 James Gilbert	SO	Northwestern	7.31mA	NWI	23-11.75	2 10
7.01m(NWI) 7.03m(NWI) 7.31m(NWI) 7.28m(NWI) 6.93m(NWI) 7.02m(NWI)						
2 Henry Arnold	SR	Doane	7.29mA	NWI	23-11.00	2 8
7.17m(NWI) 6.87m(NWI) 6.87m(NWI) 7.06m(NWI) 7.27m(NWI) 7.29m(NWI)						
3 Tanner Sand	JR	Doane	7.16mB	NWI	23-06.00	2 6
7.04m(NWI) 6.82m(NWI) 7.11m(NWI) 7.16m(NWI) 6.85m(NWI) 5.64m(NWI)						
4 John Krejci	FR	Doane	7.00m	NWI	22-11.75	1 5
6.82m(NWI) FOUL 7.00m(NWI) 6.95m(NWI) 6.76m(NWI) FOUL						
5 Juba McClay	JR	Hastings	6.77m	NWI	22-02.50	2 4
6.35m(NWI) 6.39m(NWI) 6.65m(NWI) 6.43m(NWI) 6.77m(NWI) 6.56m(NWI)						
6 Cody Williams	JR	Concordia	6.68m	NWI	21-11.00	2 3
6.67m(NWI) 6.48m(NWI) 5.73m(NWI) 6.62m(NWI) 6.68m(NWI) FOUL						
7 Sergio Arcos	FR	Doane	6.67m	NWI	21-10.75	2 2
6.39m(NWI) PASS 6.67m(NWI) FOUL PASS PASS						
8 Logan Hammond	JR	Doane	6.62m	NWI	21-08.75	1 1
6.34m(NWI) 6.57m(NWI) 6.34m(NWI) 6.46m(NWI) 6.57m(NWI) 6.62m(NWI)						
9 Jacob Hruska	SO	Doane	6.52m	NWI	21-04.75	1
6.51m(NWI) 6.39m(NWI) 6.52m(NWI) 6.20m(NWI) 6.44m(NWI) 6.18m(NWI)						



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10	Wyatt Loga	FR Concordia	6.45m	NWI	21-02.00	1
	6.45m(NWI) 6.40m(NWI) 5.65m(NWI)					
11	Joel Rathe	FR Concordia	6.44m	NWI	21-01.50	2
	6.43m(NWI) 6.44m(NWI) FOUL					
12	Joshua Deines	SO Dor dt	6.42m	NWI	21-00.75	1
	FOUL 6.24m(NWI) 6.42m(NWI)					
13	Lorenzo Jones	FR Northwestern	6.33m	NWI	20-09.25	2
	6.33m(NWI) 6.33m(NWI) 6.30m(NWI)					
14	Jacob Davies	FR Northwestern	6.33m	NWI	20-09.25	1
	FOUL 6.33m(NWI) 6.15m(NWI)					
15	Jacob Jennings	FR Concordia	6.30m	NWI	20-08.00	1
	5.94m(NWI) 6.30m(NWI) 5.77m(NWI)					
16	Dexter Wiese	FR Northwestern	6.29m	NWI	20-07.75	1
	FOUL FOUL 6.29m(NWI)					
17	Christopher Sayler	FR Jamestown	6.15m	NWI	20-02.25	1
	6.15m(NWI) 5.81m(NWI) 5.90m(NWI)					
18	Abbas Muhammad III	SO Midland	6.06m	NWI	19-10.75	1
	6.06m(NWI) FOUL FOUL					
19	Justin Groen	SO Dor dt	6.03m	NWI	19-09.50	1
	5.86m(NWI) 5.79m(NWI) 6.03m(NWI)					
20	Noah Stoekle	FR Doane	5.82m	NWI	19-01.25	1
	5.82m(NWI) FOUL FOUL					
--	Reginald McGaugh	FR Mount Marty	FOUL			2
	FOUL FOUL FOUL					
--	Byron Pfister	FR Doane	FOUL			2
	FOUL PASS PASS					
--	Eli Hustad	FR Midland	FOUL			2
	FOUL FOUL FOUL					

Event 15 Men Triple Jump

GPAC Record: G 15.25m 1976 Jim Glen, Nebraska Wesleyan

NAIA Auto: A 14.55m

NAIA Prov.: B 14.35m

Name	Year	School	Finals	Wind	H#	Points
1	Juba McClay	JR Hastings	15.38mG	NWI	50-05.50	2 10
	15.00m(NWI) 14.63m(NWI) 15.38m(NWI) 14.81m(NWI) 15.10m(NWI)			FOUL		
2	Henry Arnold	SR Doane	14.95mA	NWI	49-00.75	2 8
	14.65m(NWI) 14.73m(NWI) 14.95m(NWI) 14.01m(NWI) 12.71m(NWI) 14.94m(NWI)					
3	Lorenzo Jones	FR Northwestern	14.68mA	NWI	48-02.00	2 6
	14.09m(NWI) 14.68m(NWI) 14.53m(NWI) FOUL FOUL PASS					
4	Tanner Sand	JR Doane	14.60mA	NWI	47-11.00	2 5
	14.55m(NWI) 14.36m(NWI) 14.60m(NWI) 14.18m(NWI) 14.49m(NWI) 12.88m(NWI)					
5	James Gilbert	SO Northwestern	13.89m	NWI	45-07.00	2 4
	13.89m(NWI) 13.33m(NWI) PASS PASS PASS PASS					
6	Zac Hazen	SR Morningside	13.80m	NWI	45-03.50	2 3
	FOUL FOUL 13.80m(NWI) 13.35m(NWI) FOUL 13.43m(NWI)					



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....Event 15 Men Triple Jump

7	Vince Lauenroth	FR Doane	13.75m	NWI	45-01.50	2	2
	13.33m(NWI)	13.54m(NWI)	13.66m(NWI)	13.29m(NWI)	13.14m(NWI)	13.75m(NWI)	
8	Blake Kastanek	SO Doane	13.64m	NWI	44-09.00	2	1
	FOUL	13.64m(NWI)	13.45m(NWI)	13.36m(NWI)	FOUL	13.44m(NWI)	
9	Austin Moen	FR Dakota Wesleyan	13.59m	NWI	44-07.00	1	
	13.59m(NWI)	13.40m(NWI)	FOUL	12.90m(NWI)	FOUL	FOUL	
10	Trevor Malone	FR Doane	J13.59m	NWI	44-07.00	2	
	13.59m(NWI)	FOUL	FOUL	PASS	PASS	PASS	
11	Cade Lutz	FR Concordia	13.52m	NWI	44-04.25	2	
	12.74m(NWI)	13.52m(NWI)	12.39m(NWI)				
12	John Himmelberg	FR Doane	13.49m	NWI	44-03.25	1	
	13.07m(NWI)	FOUL	13.49m(NWI)				
13	Noah Stoekle	FR Doane	13.21m	NWI	43-04.25	1	
	13.18m(NWI)	13.21m(NWI)	13.19m(NWI)				
14	Jacob Hruska	SO Doane	12.99m	NWI	42-07.50	2	
	12.99m(NWI)	12.77m(NWI)	12.82m(NWI)				
15	Christopher Sayler	FR Jamestown	12.63m	NWI	41-05.25	1	
	12.27m(NWI)	12.63m(NWI)	12.50m(NWI)				
16	Cale Strong	FR Dakota Wesleyan	12.35m	NWI	40-06.25	1	
	12.35m(NWI)	FOUL	12.25m(NWI)				
17	Jayson Frank	FR Concordia	12.33m	NWI	40-05.50	1	
	FOUL	11.87m(NWI)	12.33m(NWI)				
--	Eli Hustad	FR Midland	FOUL			1	
	FOUL	FOUL	FOUL				
--	Josiah Rudloff	FR Jamestown	FOUL			1	
	FOUL	FOUL	FOUL				
--	Bryson Tripp	FR Jamestown	FOUL			1	
	FOUL	FOUL	FOUL				

Event 16 Men High Jump

GPAC Record: G 2.20m 1973 Kurt Nielsen, Nebraksa Wesleyan
 NAIA Auto: A 2.08m
 NAIA Prov.: B 2.05m

Name	Year	School	Finals	Points						
1 Shandon Reitzell	FR	Midland	2.11mA	6-11.00 10						
	1.82	1.87	1.92	1.97	2.02	2.05	2.08	2.11	2.14	
	P	P	P	P	O	O	P	XO	XXX	
2 Grant Brouwer	SO	Dordt	2.02m	6-07.50 7						
	1.82	1.87	1.92	1.97	2.02	2.05				
	P	P	O	O	O	XXX				
2 Jacob Heitkamp	SO	Doane	2.02m	6-07.50 7						
	1.82	1.87	1.92	1.97	2.02	2.05	2.08			
	P	P	O	O	O	P	XXX			
4 Ross McMahon	FR	Midland	1.97m	6-05.50 5						
	1.82	1.87	1.92	1.97	2.02					
	P	O	O	O	XXX					



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5	Aaron Shepard	SO Northwestern	J1.97m	6-05.50	4
	1.82 1.87 1.92 1.97 2.02				
	O O O XO XXX				
6	Jacob Hruska	SO Doane	J1.97m	6-05.50	3
	1.82 1.87 1.92 1.97 2.02				
	O XO O XXO XXX				
7	Carter Reckling	FR Doane	1.92m	6-03.50	2
	1.82 1.87 1.92 1.97				
	O XO O XXX				
8	Wyatt Loga	FR Concordia	J1.92m	6-03.50	0.50
	1.82 1.87 1.92 1.97				
	P O XO XXX				
8	Harland Groves	FR Northwestern	J1.92m	6-03.50	0.50
	1.82 1.87 1.92 1.97				
	O O XO XXX				
10	Cody Williams	JR Concordia	J1.92m	6-03.50	
	1.82 1.87 1.92 1.97				
	P O XXO XXX				
11	Chandler Damewood	SO Morningside	1.87m	6-01.50	
	1.82 1.87 1.92				
	XO O XXX				
12	Ben Thelander	FR Northwestern	1.82m	5-11.50	
	1.82 1.87				
	O XXX				
12	Joshua Deines	SO Dordt	1.82m	5-11.50	
	1.82 1.87				
	O XXX				
14	Blake Kastanek	SO Doane	J1.82m	5-11.50	
	1.82 1.87				
	XO XXX				
15	Cooper Christians	SO Morningside	J1.82m	5-11.50	
	1.82 1.87				
	XXO XXX				
15	Sean Murray	FR Doane	J1.82m	5-11.50	
	1.82 1.87				
	XXO XXX				
15	Jayson Frank	FR Concordia	J1.82m	5-11.50	
	1.82 1.87				
	XXO XXX				
--	Brock Johnson	FR Doane	NH		
	1.82				
	XXX				
--	Trevin Holland	FR Mount Marty	NH		
	1.82				
	XXX				
--	Zack Gentry	SO Concordia	NH		
	1.82				
	XXX				



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GPAC Record: G 5.20m 2002 T. J. Kloster, Concordia University

NAIA Auto: A 4.80m

NAIA Prov.: B 4.70m

Name	Year	School	Finals	Points
1 Connor Floyd	FR	Doane	5.00mA 16-04.75	10
4.10 4.25 4.40 4.55 4.70 4.80 4.90 5.00 5.11				
P P O O O XO O O XXX				
2 Braedon Gumke	SO	Jamestown	4.80mA 15-09.00	8
4.10 4.25 4.40 4.55 4.70 4.80 4.90				
O O O XO XXO XO XXX				
3 Levi Sudbeck	SR	Doane	4.55m 14-11.00	5.50
4.10 4.25 4.40 4.55 4.70				
P P O O XXX				
3 Zach Bennetts	SO	Concordia	4.55m 14-11.00	5.50
4.10 4.25 4.40 4.55 4.70				
P P P O XXX				
5 Julius Dickmander	SR	Doane	J4.55m 14-11.00	4
4.10 4.25 4.40 4.55 4.70				
P O O XO XXX				
6 Mike Pulliam	FR	Doane	4.40m 14-05.25	3
4.10 4.25 4.40 4.55				
P O XXO XXX				
7 Rees Lyon	SO	Concordia	4.25m 13-11.25	2
4.10 4.25 4.40				
P O XXX				
8 Luke Bousema	JR	Dordt	J4.25m 13-11.25	1
4.10 4.25 4.40				
XO O XXX				
9 Dustin Klingsporn	FR	Hastings	4.10m 13-05.25	
4.10 4.25				
O XXX				
9 Jamison Evers	FR	Midland	4.10m 13-05.25	
4.10 4.25				
O XXX				
11 Ian Bauer	SO	Hastings	J4.10m 13-05.25	
4.10 4.25				
XXO XXX				
11 Tucker Platt	JR	Concordia	J4.10m 13-05.25	
4.10 4.25				
XXO XXX				
-- Grant Stadler	SO	Concordia	NH	
4.10				
XXX				
-- Dalton Berry	JR	Concordia	NH	
4.10				
XXX				



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-- Chase Berry FR Concordia NH
 4.10
 XXX

Event 18 Men Shot Put

GPAC Record: G 18.04m 2010 Scott Fritz, Hastings College
 NAIA Auto: A 15.85m
 NAIA Prov.: B 15.35m

Name	Year School	Finals	H#	Points
1 Dylan Kucera	SO Midland	17.64mA 57-10.50	2	10
17.64m FOUL FOUL FOUL FOUL FOUL				
2 Matthew Campbell	JR Doane	16.61mA 54-06.00	2	8
16.50m FOUL 16.61m FOUL FOUL FOUL				
3 Justin Villars	JR Hastings	16.44mA 53-11.25	2	6
16.23m FOUL FOUL FOUL FOUL 16.44m				
4 Jerod Peters	SR Concordia	15.51mB 50-10.75	2	5
14.97m 14.66m FOUL FOUL 15.51m FOUL				
5 Richard Dover	JR Doane	15.02m 49-03.50	2	4
FOUL FOUL 15.02m FOUL 14.77m FOUL				
6 Josh Lewis	FR Midland	14.77m 48-05.50	2	3
13.39m 14.76m FOUL FOUL 14.76m 14.77m				
7 Andy Amos	SO Concordia	14.70m 48-02.75	2	2
13.92m 14.33m FOUL 14.62m 14.70m 14.46m				
8 Darien Semedo	FR Concordia	14.57m 47-09.75	2	1
14.39m 14.57m FOUL FOUL FOUL 14.45m				
9 Zachary Stieb	FR Doane	14.44m 47-04.50	2	
13.50m 13.66m 14.44m 14.20m 13.95m 13.92m				
10 Ryan Kienzle	FR Dakota Wesleyan	13.51m 44-04.00	2	
13.51m FOUL 13.09m				
11 Byrnden Kinnaman	JR Briar Cliff	13.49m 44-03.25	1	
13.49m FOUL FOUL				
12 William Minnick	SO Northwestern	13.18m 43-03.00	1	
12.61m 13.18m 12.73m				
13 Chris Wren	FR Concordia	13.16m 43-02.25	1	
13.16m 12.63m 12.71m				
14 Dagne' Buck	SO Concordia	12.88m 42-03.25	1	
12.88m 12.86m FOUL				
15 Alexander Maida	FR Jamestown	12.81m 42-00.50	1	
12.81m 12.73m 11.85m				
16 Patrick Hudson	SO Hastings	12.64m 41-05.75	2	
FOUL FOUL 12.64m				
17 Zach Christensen	SO Concordia	12.37m 40-07.00	1	
11.96m 12.37m FOUL				
18 Dawson Sedivec	FR Jamestown	12.16m 39-10.75	1	
11.28m 11.65m 12.16m				
19 Jordan Morales	FR Jamestown	J12.16m 39-10.75	1	
12.16m 11.60m 11.52m				



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....Event 18 Men Shot Put

20	Luke Urbonavicius	FR Doane	12.10m	39-08.50	1
	12.10m FOUL FOUL				
21	Lakey Martin	FR Briar Cliff	12.03m	39-05.75	1
	11.86m FOUL 12.03m				
22	Jameson Officer-Th	FR Doane	11.64m	38-02.25	1
	FOUL 11.49m 11.64m				
--	Angel Garcia	FR Hastings	FOUL		1
	FOUL FOUL FOUL				
--	Caden Milmine	SR Dakota Wesleyan	FOUL		2
	FOUL FOUL FOUL				

Event 19 Men Discus Throw

GPAC Record: G 57.85m 2013 Zach Lindsley, Doane
 NAIA Auto: A 49.20m
 NAIA Prov.: B 47.60m

Name	Year	School	Finals	H#	Points
1 Dylan Kucera	SO	Midland	52.58mA	172-06	2 10
			44.47m 46.31m 52.58m 51.89m FOUL FOUL		
2 Jacob Cornelio	SR	Concordia	50.72mA	166-05	2 8
			47.76m FOUL FOUL 50.72m 49.23m FOUL		
3 Matthew Campbell	JR	Doane	50.25mA	164-10	2 6
			47.38m 47.38m FOUL FOUL 50.25m 50.17m		
4 Richard Dover	JR	Doane	50.00mA	164-00	2 5
			50.00m 48.26m 49.41m FOUL FOUL FOUL		
5 Josh Lewis	FR	Midland	47.11m	154-07	2 4
			42.90m 43.62m 47.11m FOUL FOUL FOUL		
6 Jorden Morales	FR	Jamestown	46.84m	153-08	2 3
			44.75m 46.55m 43.01m 45.65m 46.84m 45.16m		
7 Chris Wren	FR	Concordia	45.08m	147-11	1 2
			FOUL 40.66m 45.08m FOUL FOUL FOUL		
8 Andy Amos	SO	Concordia	44.64m	146-05	2 1
			40.90m 42.73m 44.64m FOUL FOUL FOUL		
9 Patrick Hudson	SO	Hastings	44.31m	145-04	2
			FOUL 43.68m 44.15m 44.31m FOUL 43.90m		
10 Ryan Kienzle	FR	Dakota Wesleyan	44.13m	144-09	1
			34.20m 44.02m 44.13m		
11 Angel Garcia	FR	Hastings	43.95m	144-02	2
			42.50m 43.95m 43.61m		
12 Zachary Stieb	FR	Doane	43.26m	141-11	2
			37.30m FOUL 43.26m		
13 Jerod Peters	SR	Concordia	42.21m	138-06	1
			FOUL 42.21m FOUL		
14 Byrnden Kinnaman	JR	Briar Cliff	41.38m	135-09	1
			41.38m FOUL FOUL		
15 Joe Callahan	FR	Northwestern	41.36m	135-08	1
			39.92m 41.36m FOUL		



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....Event 19 Men Discus Throw

16	Jaedon Lothrop	FR Doane	41.16m	135-00	1
	FOUL FOUL 41.16m				
17	Justin Villars	JR Hastings	39.12m	128-04	2
	FOUL 39.12m FOUL				
18	Ben Moll	FR Concordia	39.07m	128-02	1
	35.52m 39.07m 38.97m				
19	Jackson Armitage	FR Concordia	39.06m	128-02	1
	FOUL FOUL 39.06m				
20	Dawson Sedivec	FR Jamestown	38.62m	126-08	1
	34.23m 38.62m 33.46m				
21	Brandon Rezac	SO Doane	38.18m	125-03	1
	36.05m FOUL 38.18m				
22	Brady Klute	FR Concordia	34.20m	112-02	1
	FOUL FOUL 34.20m				
--	Jameson Officer-Th	FR Doane	FOUL		2
	FOUL FOUL FOUL				
--	Lakey Martin	FR Briar Cliff	FOUL		1
	FOUL FOUL FOUL				

Event 20 Men Hammer Throw

GPAC Record: G 63.51m 5/6/2016 Joshua Slechta, Concordia

NAIA Auto: A 53.00m

NAIA Prov.: B 51.00m

Name	Year	School	Finals	H#	Points
1	Jacob Cornelio	SR Concordia	62.91mA	206-05	2 10
	59.66m 62.17m 62.04m	FOUL 62.91m FOUL			
2	Tyler Summers	JR Hastings	59.10mA	193-11	2 8
	56.09m 58.76m 59.10m	FOUL FOUL 58.26m			
3	Dylan Kucera	SO Midland	58.10mA	190-07	2 6
	55.50m 56.30m 58.10m	FOUL FOUL FOUL			
4	Chris Wren	FR Concordia	57.28mA	187-11	2 5
	56.68m 57.28m 55.34m	FOUL 55.53m 56.28m			
5	Matthew Campbell	JR Doane	56.60mA	185-08	2 4
	53.93m 54.29m 55.99m	56.60m FOUL 56.39m			
6	Dagne' Buck	SO Concordia	54.59mA	179-01	2 3
	FOUL 54.59m 54.04m 51.93m 52.88m	FOUL			
7	Ben Moll	FR Concordia	51.38mB	168-07	2 2
	FOUL 51.38m FOUL FOUL FOUL 5.68m				
8	Darien Semedo	FR Concordia	51.28mB	168-03	2 1
	51.28m FOUL FOUL FOUL FOUL FOUL				
9	Andy Amos	SO Concordia	51.26mB	168-02	2
	FOUL 51.26m 50.20m FOUL 50.02m 50.14m				
10	Patrick Hudson	SO Hastings	51.03mB	167-05	1
	48.69m 51.03m FOUL				
11	Justin Villars	JR Hastings	50.40m	165-04	2
	50.40m FOUL FOUL				



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....Event 20 Men Hammer Throw

12	Luke Urbonavicius	FR Doane	50.15m	164-06	2
	48.00m 50.15m FOUL				
13	William DeLay	SO Midland	48.62m	159-06	1
	47.34m 48.62m 46.52m				
14	Brady Klute	FR Concordia	48.37m	158-08	1
	48.37m FOUL FOUL				
15	Ryan Kienzle	FR Dakota Wesleyan	48.15m	158-00	1
	45.84m 48.15m 47.82m				
16	Jerod Peters	SR Concordia	48.10m	157-10	1
	FOUL 48.10m 47.74m				
17	Luke Partridge	FR Doane	47.57m	156-01	1
	44.53m 46.35m 47.57m				
18	Delwin Potter	SR Jamestown	47.15m	154-08	1
	44.96m 47.15m 45.87m				
19	Philip Quackenbush	SO Hastings	46.69m	153-02	1
	44.20m 46.69m FOUL				
20	Brandon Rezac	SO Doane	45.43m	149-00	1
	FOUL 45.43m FOUL				
21	Christopher Zanott	SO Dakota Wesleyan	45.38m	148-11	1
	44.78m 45.38m 44.01m				
22	Richard Dover	JR Doane	45.33m	148-09	2
	FOUL FOUL 45.33m				
23	Jaedon Lothrop	FR Doane	41.37m	135-09	1
	FOUL 41.37m FOUL				
24	Isaac Rohne	SO Dordt	36.88m	121-00	1
	FOUL FOUL 36.88m				

Event 21 Men Javelin Throw

GPAC Record: G 65.10m 2005 Andrew Ortmeier, Northwestern College

NAIA Auto: A 57.00m

NAIA Prov.: B 55.00m

Name	Year School	Finals	H#	Points
1 Jacob Heitkamp	SO Doane	57.07mA	187-03	2 10
	53.13m 57.07m 52.61m FOUL FOUL FOUL			
2 Mason Krause	FR Doane	53.26m	174-09	2 8
	53.26m FOUL FOUL FOUL 47.49m 48.15m			
3 Carter Behler	SR Northwestern	49.59m	162-08	2 6
	47.46m 49.57m 49.53m 49.59m 49.04m 47.27m			
4 Ben Thelander	FR Northwestern	J49.59m	162-08	1 5
	41.83m 47.09m 47.98m 42.55m 49.59m 48.91m			
5 Nikolas Herman	JR Jamestown	49.38m	162-00	2 4
	49.38m 46.19m 49.28m 49.33m FOUL 46.03m			
6 Brock Johnson	FR Doane	49.10m	161-01	2 3
	49.10m 46.49m 49.10m 46.13m 46.42m 49.04m			
7 Jackson Armitage	FR Concordia	48.78m	160-00	2 2
	48.78m 46.75m FOUL FOUL 47.53m 47.64m			



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8	Gabriel Wyant	FR Briar Cliff	48.10m	157-10	2	1
	48.10m 40.61m FOUL FOUL 46.31m 45.41m					
9	Payton Burtzlaff	FR Mount Marty	47.32m	155-03	2	
	FOUL 0.46m 47.32m 43.82m 42.10m 45.42m					
10	Rees Lyon	SO Concordia	46.71m	153-03	1	
	45.62m 46.71m FOUL					
11	slater Stevens	FR Briar Cliff	45.69m	149-11	2	
	45.47m 45.69m 44.64m					
12	Josh Taylor	FR Concordia	42.71m	140-01	1	
	36.03m 37.18m 42.71m					
13	Trevor Malone	FR Doane	42.25m	138-07	2	
	FOUL 40.36m 42.25m					
14	Walker Shaw	SO Concordia	41.07m	134-09	2	
	41.07m FOUL FOUL					
15	Tim Huizenga	SR Dordt	40.50m	132-10	1	
	34.53m 36.37m 40.50m					
16	John Himmelberg	FR Doane	40.38m	132-06	1	
	FOUL 40.38m FOUL					
17	Zack Gentry	SO Concordia	39.44m	129-05	2	
	39.44m FOUL FOUL					
18	Jacob Hruska	SO Doane	38.73m	127-01	1	
	FOUL 38.73m FOUL					
19	Tyler Janssen	FR Morningside	37.78m	123-11	1	
	37.00m 37.48m 37.78m					
20	Ely Fundermann	SO Morningside	37.77m	123-11	1	
	35.55m 37.43m 37.77m					
21	Aaron Eckmann	SO Northwestern	36.99m	121-04	1	
	34.55m 36.99m 36.12m					
22	Jovon Woods	JR Briar Cliff	33.95m	111-05	1	
	33.95m FOUL 33.25m					
23	Dylan Collison	FR Morningside	32.79m	107-07	1	
	30.73m 32.12m 32.79m					
24	Marc Freiberg	FR Concordia	31.91m	104-08	1	
	FOUL 29.52m 31.91m					

Event 22 Men Decathlon

GPAC Record: G 6721 2015 Kale Wolken, Doane College

NAIA Prov.: B 5600

Name	Year	School	Finals	H#	Points
1	Levi Sudbeck	SR Doane	6274B	10	
2	Mason Schleis	FR Mount Marty	6094B	8	
3	Julius Dickmander	SR Doane	6047B	6	
4	Sergio Arcos	FR Doane	6005B	5	
5	Seth Wiebelhaus	SO Mount Marty	5998B	4	
6	Mike Pulliam	FR Doane	5594	3	
7	Payton Burtzlaff	FR Mount Marty	5487	2	
8	Nate Rupprecht	SO Dakota Wesleyan	5296	1	



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9	Mason Zimmerman	FR Doane	5206
10	Cade Pedersen	SO Northwestern	4604

Event 22 Decathlon: #1 Men 100 Meter Dash Decathlon

GPAC Record: G 10.94 2015 Kale Wolken, Doane College						
Name	Year	School	Finals	Wind	H#	Points
1	Payton Burtzlaff	FR Mount Marty	11.21	NWI	2	814
2	Mason Schleis	FR Mount Marty	11.38	NWI	2	778
3	Jeremiah Reeser	JR Concordia	11.47	NWI	2	759
4	Sergio Arcos	FR Doane	11.48	NWI	2	757
5	Julius Dickmander	SR Doane	11.50	NWI	2	753
6	Seth Wiebelhaus	SO Mount Marty	11.57	NWI	2	738
7	Levi Sudbeck	SR Doane	11.67	NWI	1	717
8	Mason Zimmerman	FR Doane	11.68	NWI	1	715
9	Cade Pedersen	SO Northwestern	11.76	NWI	1	699
10	Nate Rupprecht	SO Dakota Wesleyan	11.84	NWI	1	683
11	Joshua De Jong	SR Dordt	11.87	NWI	1	677
12	Mike Pulliam	FR Doane	12.11	NWI	1	629

Event 22 Decathlon: #2 Men Long Jump Decathlon

GPAC Record: G 7.12m 2013 Kale Wolken, Doane College						
Name	Year	School	Finals	Wind		Points
1	Levi Sudbeck	SR Doane	6.53m	NWI	21-05.25	704
	6.53m(NWI) PASS	PASS				
2	Mason Schleis	FR Mount Marty	6.52m	NWI	21-04.75	702
	6.38m(NWI) 6.52m(NWI) FOUL					
3	Sergio Arcos	FR Doane	6.33m	NWI	20-09.25	659
	6.33m(NWI) FOUL	FOUL				
4	Mason Zimmerman	FR Doane	6.15m	NWI	20-02.25	619
	FOUL 6.15m(NWI) 6.07m(NWI)					
5	Mike Pulliam	FR Doane	5.88m	NWI	19-03.50	561
	FOUL 5.88m(NWI) 5.86m(NWI)					
6	Joshua De Jong	SR Dordt	5.85m	NWI	19-02.50	554
	5.85m(NWI) 5.62m(NWI) 5.74m(NWI)					
7	Payton Burtzlaff	FR Mount Marty	5.82m	NWI	19-01.25	548
	5.65m(NWI) 5.67m(NWI) 5.82m(NWI)					
8	Cade Pedersen	SO Northwestern	5.71m	NWI	18-09.00	525
	5.41m(NWI) 5.71m(NWI) 5.39m(NWI)					
9	Seth Wiebelhaus	SO Mount Marty	5.69m	NWI	18-08.00	521
	5.66m(NWI) 5.69m(NWI) 5.59m(NWI)					
9	Nate Rupprecht	SO Dakota Wesleyan	5.69m	NWI	18-08.00	521
	FOUL FOUL 5.69m(NWI)					
11	Julius Dickmander	SR Doane	5.63m	NWI	18-05.75	508
	5.63m(NWI) 5.49m(NWI) 5.58m(NWI)					



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....Event 22 Decathlon: #2 Men Long Jump Decathlon

12 Jeremiah Reeser JR Concordia 5.59m NWI 18-04.25 500
 FOUL FOUL 5.59m(NWI)

Event 22 Decathlon: #3 Men Shot Put Decathlon

GPAC Record: G 12.96m 2015 Kale Wolken, Doane College

Name	Year	School	Finals	Points
1 Nate Rupprecht	SO	Dakota Wesleyan	12.13m	39-09.75 614
11.13m 12.00m 12.13m				
2 Levi Sudbeck	SR	Doane	11.96m	39-03.00 604
11.46m 11.96m FOUL				
3 Seth Wiebelhaus	SO	Mount Marty	10.76m	35-03.75 531
10.76m 8.86m 10.71m				
4 Mike Pulliam	FR	Doane	10.74m	35-03.00 530
10.74m 10.49m 10.67m				
5 Julius Dickmader	SR	Doane	10.72m	35-02.00 529
FOUL 10.39m 10.72m				
6 Jeremiah Reeser	JR	Concordia	10.71m	35-01.75 528
10.71m 9.77m FOUL				
7 Payton Burtzlaff	FR	Mount Marty	10.69m	35-01.00 527
10.44m 10.16m 10.69m				
8 Sergio Arcos	FR	Doane	10.25m	33-07.50 501
9.68m 10.25m 10.01m				
9 Joshua De Jong	SR	Dordt	10.22m	33-06.50 499
9.82m 10.09m 10.22m				
10 Mason Zimmerman	FR	Doane	10.20m	33-05.75 498
10.16m 10.16m 10.20m				
11 Mason Schleis	FR	Mount Marty	9.26m	30-04.75 441
8.97m 8.41m 9.26m				
12 Cade Pedersen	SO	Northwestern	8.35m	27-04.75 387
FOUL 8.32m 8.35m				

Event 22 Decathlon: #4 Men High Jump Decathlon

GPAC Record: G 2.01m 2019 Levi Sudbeck, Doane University

Name	Year	School	Finals	Points
1 Sergio Arcos	FR	Doane	1.96m	6-05.00 767
1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90 1.93 1.96 1.99				
P P P P P P P O P P O XO O O XXX				
2 Levi Sudbeck	SR	Doane	1.87m	6-01.50 687
1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90				
P P P P P P P O P P O XXX				
2 Mason Schleis	FR	Mount Marty	1.87m	6-01.50 687
1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90				
P P P P P O P O XO O O XXX				



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....Event 22 Decathlon: #4 Men High Jump Decathlon

Rank	Name	School	High Jump	100m	200m	400m	800m	1600m	5000m	10000m	15000m	Points					
4	Mason Zimmerman	FR Doane	1.84m	6-00.50	661	1.57	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	
						O	O	P	O	O	O	O	XXO	O	XXO	XXX	
5	Seth Wiebelhaus	SO Mount Marty	1.78m	5-10.00	610	1.57	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81			
						P	P	P	P	O	P	O	O		XXX		
6	Jeremiah Reeser	JR Concordia	1.75m	5-08.75	585	1.57	1.60	1.63	1.66	1.69	1.72	1.75	1.78				
						P	P	P	P	XXO	XO	XXO	XXX				
6	Nate Rupprecht	SO Dakota Wesleyan	1.75m	5-08.75	585	1.57	1.60	1.63	1.66	1.69	1.72	1.75	1.78				
						P	O	O	O	O	O	XO	XXX				
6	Julius Dickmander	SR Doane	1.75m	5-08.75	585	1.57	1.60	1.63	1.66	1.69	1.72	1.75	1.78				
						O	O	O	XO	O	XO	O	XXX				
9	Cade Pedersen	SO Northwestern	1.72m	5-07.75	560	1.57	1.60	1.63	1.66	1.69	1.72	1.75					
						P	P	O	O	XO	O	XXX					
10	Payton Burtzlaff	FR Mount Marty	1.69m	5-06.50	536	1.57	1.60	1.63	1.66	1.69	1.72						
						XO	O	O	O	XO	XXX						
11	Joshua De Jong	SR Dordt	1.66m	5-05.25	512	1.57	1.60	1.63	1.66	1.69							
						O	P	O	O	XXX							
12	Mike Pulliam	FR Doane	1.63m	5-04.25	488	1.57	1.60	1.63	1.66								
						O	O	O	XXX								

Event 22 Decathlon: #5 Men 400 Meter Dash Decathlon

GPAC Record: G 50.29 5/5/2017 Jake Rodgers, Concordia (N)

Name	Year	School	Finals	H#	Points
1	Mason Schleis	FR Mount Marty	50.26G	2	803
2	Seth Wiebelhaus	SO Mount Marty	51.11	2	764
3	Payton Burtzlaff	FR Mount Marty	52.32	2	711
4	Julius Dickmander	SR Doane	52.86	2	688
5	Cade Pedersen	SO Northwestern	53.13	2	676
6	Sergio Arcos	FR Doane	53.68	1	653
7	Nate Rupprecht	SO Dakota Wesleyan	53.82	1	647
8	Levi Sudbeck	SR Doane	54.87	1	604
9	Mason Zimmerman	FR Doane	55.20	1	591
10	Jeremiah Reeser	JR Concordia	56.37	2	545
11	Mike Pulliam	FR Doane	56.58	1	537



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GPAC Record: G 15.05 5/4/2018 Cody Williams, Concordia

Name	Year	School	Finals	Wind	H#	Points
1	Levi Sudbeck	SR Doane	14.86G	NWI	3	867
2	Sergio Arcos	FR Doane	15.34	NWI	3	809
3	Seth Wiebelhaus	SO Mount Marty	15.81	NWI	3	754
4	Mason Schleis	FR Mount Marty	16.25	NWI	2	705
5	Mason Zimmerman	FR Doane	16.35	NWI	2	694
6	Mike Pulliam	FR Doane	16.53	NWI	1	674
7	Julius Dickmander	SR Doane	16.91	NWI	3	634
8	Payton Burtzlaff	FR Mount Marty	16.99	NWI	1	625
9	Jeremiah Reeser	JR Concordia	17.28	NWI	2	595
10	Nate Rupprecht	SO Dakota Wesleyan	18.74	NWI	1	455
11	Cade Pedersen	SO Northwestern	19.77	NWI	1	368

Event 22 Decathlon: #7 Men Discus Throw Decathlon

GPAC Record: G 40.46m 5/5/2017 Matthew Bolt, Dorcht

Name	Year	School	Finals		Points
1	Levi Sudbeck	SR Doane	34.41m	112-11	552
	33.01m 34.41m FOUL				
2	Mike Pulliam	FR Doane	33.78m	110-10	539
	33.78m 31.70m 33.28m				
3	Julius Dickmander	SR Doane	33.66m	110-05	537
	33.48m 33.66m FOUL				
4	Nate Rupprecht	SO Dakota Wesleyan	31.96m	104-10	503
	29.97m 31.96m FOUL				
5	Sergio Arcos	FR Doane	28.52m	93-07	435
	27.16m 28.52m FOUL				
6	Seth Wiebelhaus	SO Mount Marty	27.30m	89-07	412
	FOUL FOUL 27.30m				
7	Payton Burtzlaff	FR Mount Marty	27.21m	89-03	410
	FOUL 19.93m 27.21m				
8	Jeremiah Reeser	JR Concordia	23.10m	75-09	331
	FOUL 23.10m 21.22m				
9	Mason Zimmerman	FR Doane	22.96m	75-04	328
	22.96m FOUL FOUL				
10	Cade Pedersen	SO Northwestern	22.58m	74-01	321
	21.69m FOUL 22.58m				
11	Mason Schleis	FR Mount Marty	22.45m	73-08	318
	21.47m 22.45m 20.10m				

Event 22 Decathlon: #8 Men Pole Vault Decathlon

GPAC Record: G 4.70m 2015 Brandon Ramos, Concordia University

Name	Year	School	Finals	Points
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....Event 22 Decathlon: #8 Men Pole Vault Decathlon

1	Levi Sudbeck	SR Doane	4.70mG	15-05.00	819														
	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	4.50	4.60	4.70	4.80	
	P	P	P	P	P	P	P	P	P	P	P	P	P	O	O	O	XXO	XXX	
2	Mike Pulliam	FR Doane	4.50m	14-09.00	760														
	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	4.50	4.60	
	P	P	P	P	P	P	P	P	P	P	P	P	O	P	O	XXO	XO	XXX	
2	Julius Dickmader	SR Doane	4.50m	14-09.00	760														
	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	4.50	4.60	
	P	P	P	P	P	P	P	P	P	P	P	P	P	P	O	O	O	XXX	
4	Mason Schleis	FR Mount Marty	4.30m	14-01.25	702														
	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	
	P	P	P	P	P	P	P	P	P	P	O	P	O	O	O	XO	XXO	XXX	
5	Seth Wiebelhaus	SO Mount Marty	4.10m	13-05.25	645														
	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	
	P	P	P	P	P	P	P	P	P	P	P	P	O	P	XO	XO	O	XXX	
6	Sergio Arcos	FR Doane	3.90m	12-09.50	590														
	2.30	2.40	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	
	P	P	P	P	P	P	P	P	P	O	P	O	O	O	XO	O	O	XXX	
7	Jeremiah Reeser	JR Concordia	3.70m	12-01.50	535														
	2.10	2.20	2.30	2.40	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	
	P	P	P	P	P	P	P	P	P	P	P	P	O	O	O	O	XO	XXX	
8	Payton Burtzlaff	FR Mount Marty	3.50m	11-05.75	482														
	1.90	2.00	2.10	2.20	2.30	2.40	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	
	P	P	P	P	P	P	P	P	P	P	O	P	O	O	O	XO	XO	XXX	
9	Nate Rupprecht	SO Dakota Wesleyan	3.40m	11-01.75	457														
	1.90	2.00	2.10	2.20	2.30	2.40	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50		
	P	P	P	P	P	P	P	P	P	P	O	O	XO	O	XXO	XXX			
10	Mason Zimmerman	FR Doane	3.20m	10-06.00	406														
	1.90	2.00	2.10	2.20	2.30	2.40	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30				
	P	P	P	P	P	P	P	P	P	O	O	O	O	O	XXX				
11	Cade Pedersen	SO Northwestern	2.60m	8-06.25	264														
	1.90	2.00	2.10	2.20	2.30	2.40	2.50	2.60	2.70										
	P	P	P	O	O	O	O	XXO	XXX										

Event 22 Decathlon: #9 Men Javelin Throw Decathlon

GPAC Record: G 57.33m 2015 Kale Wolken, Doane College						
Name	Year	School	Finals	Points		
1	Mike Pulliam	FR Doane	42.86m	140-07	484	
	21.24m	35.69m	42.86m			
2	Julius Dickmader	SR Doane	42.41m	139-02	477	
	37.45m	41.74m	42.41m			
3	Payton Burtzlaff	FR Mount Marty	41.51m	136-02	464	
	37.13m	41.51m	36.29m			
4	Mason Schleis	FR Mount Marty	39.53m	129-08	435	
	31.38m	39.53m	FOUL			
5	Nate Rupprecht	SO Dakota Wesleyan	38.88m	127-07	426	
	35.76m	36.40m	38.88m			



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....Event 22 Decathlon: #9 Men Javelin Throw Decathlon

6	Levi Sudbeck	SR Doane	38.36m	125-10	418
	FOUL 38.36m PASS				
7	Seth Wiebelhaus	SO Mount Marty	38.30m	125-08	418
	38.30m FOUL PASS				
8	Jeremiah Reeser	JR Concordia	37.57m	123-03	407
	32.98m 37.57m FOUL				
9	Mason Zimmerman	FR Doane	36.48m	119-08	391
	32.88m 36.48m FOUL				
10	Sergio Arcos	FR Doane	36.19m	118-09	387
	28.78m 31.60m 36.19m				
11	Cade Pedersen	SO Northwestern	34.38m	112-09	361
	34.38m 30.35m 27.74m				

Event 22 Decathlon: #10 Men 1500 Meter Run Decathlon

GPAC Record: G 4:30.23 2012 Grant Aden, Morningside

Name	Year	School	Finals	Points
1	Seth Wiebelhaus	SO Mount Marty	4:52.28	605
	47.712 (47.712)	2:03.230 (1:15.518)	3:28.841 (1:25.612)	4:52.271 (1:23.430)
2	Julius Dickmader	SR Doane	4:57.11	576
	50.289 (50.289)	2:11.396 (1:21.107)	3:38.891 (1:27.495)	4:57.103 (1:18.213)
3	Mason Schleis	FR Mount Marty	5:06.40	523
	54.448 (54.448)	2:21.266 (1:26.819)	3:48.419 (1:27.153)	5:06.391 (1:17.972)
4	Sergio Arcos	FR Doane	5:20.63	447
	56.729 (56.729)	2:20.944 (1:24.215)	3:52.913 (1:31.970)	5:20.622 (1:27.710)
5	Cade Pedersen	SO Northwestern	5:21.41	443
	56.088 (56.088)	2:19.131 (1:23.044)	3:51.420 (1:32.289)	5:21.405 (1:29.985)
6	Nate Rupprecht	SO Dakota Wesleyan	5:28.85	405
	58.537 (58.537)	2:26.739 (1:28.202)	4:01.576 (1:34.838)	5:28.841 (1:27.265)
7	Mike Pulliam	FR Doane	5:31.42	392
	58.817 (58.817)	2:27.237 (1:28.420)	4:02.306 (1:35.069)	5:31.413 (1:29.108)
8	Payton Burtzlaff	FR Mount Marty	5:35.98	370
	57.489 (57.489)	2:22.886 (1:25.398)	4:00.277 (1:37.391)	5:35.979 (1:35.702)
9	Mason Zimmerman	FR Doane	5:50.68	303
	1:03.877 (1:03.877)	2:40.213 (1:36.336)	4:18.353 (1:38.140)	5:50.676 (1:32.324)
10	Levi Sudbeck	SR Doane	5:50.89	302
	1:01.589 (1:01.589)	2:36.161 (1:34.573)	4:15.222 (1:39.061)	5:50.883 (1:35.661)

Event 23 Women 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times

GPAC Record: G 11.71 1988 Carol Bailey, Concordia University

NAIA Auto: A 11.92

NAIA Prov.: B 12.12

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Julyah Wilson	SO Hastings	B 12.05Q	NWI	3



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....Event 23 Women 100 Meter Dash

2	Daisy Maessner	SO Hastings	12.21Q	NWI	2
3	Karsen Sears	SO Hastings	12.31Q	NWI	1
4	Cora Olson	SO Concordia	12.27q	NWI	3
5	Emma Bakker	JR Dordt	12.39q	NWI	1 12.387
6	Caitlin Ostbye	FR Northwestern	12.39q	NWI	3 12.388
7	Amira Cummings	FR Concordia	12.53q	NWI	1 12.522
8	Hannah Mulligan	SO Concordia	12.53q	NWI	3 12.530
9	Lindsey Flammang	SR Morningside	12.61	NWI	1
10	Nisa Thomas	FR Hastings	12.64	NWI	2
11	Alexandra Beckmann	FR Dordt	12.65	NWI	2
12	Lydia Gerber	SR Dakota Wesleyan	12.69	NWI	1
13	Julia Yoder	SR Dordt	12.88	NWI	1
14	Elianna Clark	SO Mount Marty	12.91	NWI	2
15	Aniya Teppo	FR Mount Marty	12.92	NWI	3
16	Sydni Schernikau	FR Concordia	12.95	NWI	2
17	Lizzy Blum	FR Northwestern	13.01	NWI	3
18	Gabby Diamond	JR Concordia	13.06	NWI	3
19	Meghan Orr	SO Jamestown	13.19	NWI	2
20	Natalie Lausen	SO Northwestern	13.20	NWI	1
21	Gracie Bohl	FR Jamestown	13.49	NWI	2
22	Anna Allen	SO Jamestown	13.73	NWI	1
23	Kacy Haynes	JR Dordt	14.01	NWI	2

Event 23 Women 100 Meter Dash

GPAC Record: G 11.71 1988 Carol Bailey, Concordia University
 NAIA Auto: A 11.92
 NAIA Prov.: B 12.12

Name	Year	School	Finals	Wind	Points
Finals					
1		Julyah Wilson	SO Hastings	11.90A	NWI 10
2		Daisy Maessner	SO Hastings	12.00B	NWI 8
3		Cora Olson	SO Concordia	12.15	NWI 6
4		Caitlin Ostbye	FR Northwestern	12.18	NWI 5
5		Hannah Mulligan	SO Concordia	12.35	NWI 4
6		Karsen Sears	SO Hastings	12.40	NWI 3
7		Amira Cummings	FR Concordia	12.49	NWI 2
8		Emma Bakker	JR Dordt	12.56	NWI 1

Event 24 Women 200 Meter Dash

GPAC Record: G 23.85 2015 Neeia Cooperwood, Morningside
 NAIA Auto: A 24.75
 NAIA Prov.: B 24.93

Name	Year	School	Finals	Wind	H#	Points
1		Julyah Wilson	SO Hastings	24.47A	NWI	3 10
2		Betsy Ridout	JR Morningside	24.89B	NWI	3 8



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****....Event 24 Women 200 Meter Dash**

3	Cora Olson	SO Concordia	25.05	NWI	3	6
4	Caitlin Ostbye	FR Northwestern	25.22	NWI	3	5
5	Emma Bakker	JR Dordt	25.39	NWI	3	4
6	Hannah Mulligan	SO Concordia	25.57	NWI	3	3
7	Alexandra Beckmann	FR Dordt	25.67	NWI	2	2
8	Sydni Schernikau	FR Concordia	25.97	NWI	2	1
9	MacKenzie Brandl	JR Doane	26.18	NWI	1	
10	Jesikah Boykin	FR Briar Cliff	26.21	NWI	2	
11	Julia Yoder	SR Dordt	26.41	NWI	1	
12	Lizzy Blum	FR Northwestern	26.44	NWI	2	
13	Nicole Harms	FR Doane	26.46	NWI	2	
14	Gracie Bohl	FR Jamestown	26.53	NWI	1	
15	Gabby Diamond	JR Concordia	26.72	NWI	1	
16	Ashley Vandermeer	SO Dordt	26.74	NWI	1	
17	Amira Cummings	FR Concordia	27.00	NWI	2	
18	Anna Herman	FR Dordt	27.06	NWI	1	
19	Kellie Rhodes	FR Concordia	27.17	NWI	3	
20	Erika Nikkel	FR Dordt	27.39	NWI	2	
21	Cassie Brandsma	SO Dordt	27.60	NWI	2	
22	Rebecca Weddell	FR Concordia	27.70	NWI	3	
23	Courtney Poulson	JR Hastings	29.50	NWI	1	

Event 25 Women 400 Meter Dash

GPAC Record: G 53.89 1990 Carol Bailey, Concordia University

NAIA Auto: A 56.90

NAIA Prov.: B 57.36

Name	Year	School	Finals	H#	Points
1	Emma Bakker	JR Dordt	58.67	2	10
2	Betsy Ridout	JR Morningside	59.60	2	8
3	Jesikah Boykin	FR Briar Cliff	1:00.58	2	6
4	Keri Bauer	SO Concordia	1:00.76	2	5
5	Savonne Sterk	FR Northwestern	1:01.39	2	4
6	Emily Chicoine	FR Morningside	1:02.05	2	3
7	Anna Herman	FR Dordt	1:02.94	1	2
8	Rebecca Weddell	FR Concordia	1:03.13	1	1
9	Lainey Werts	FR Concordia	1:03.45	2	
10	MacKenzie Brandl	JR Doane	1:03.61	2	
11	Naja Whitehead	FR Jamestown	1:04.66	1	
12	Kellie Rhodes	FR Concordia	1:06.78	1	
13	Lauren Ada	FR Concordia	1:06.88	1	
14	Anna Allen	SO Jamestown	1:09.75	1	
15	Grace Kooistra	FR Dordt	1:10.81	1	



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****Event 26 Women 800 Meter Run**

GPAC Record: G 2:11.81 5/11/2007 Ellie Windle, Doane College

NAIA Auto: A 2:14.40

NAIA Prov.: B 2:16.00

Name	Year	School	Finals	H#	Points
1 Jo McKibben	JR	Morningside	2:20.47	3	10
1:11.618 (1:11.618)	2:20.461 (1:08.843)				
2 Mika Kooistra	JR	Dordt	2:20.84	3	8
1:11.206 (1:11.206)	2:20.840 (1:09.634)				
3 Emalee Fundermann	SR	Morningside	2:22.00	3	6
1:11.774 (1:11.774)	2:21.999 (1:10.225)				
4 Morgan Van Der Bri	JR	Northwestern	2:22.35	3	5
1:09.816 (1:09.816)	2:22.343 (1:12.527)				
5 Annika Pingel	SO	Doane	2:22.77	3	4
1:11.996 (1:11.996)	2:22.765 (1:10.769)				
6 Veronica Pinkerton	FR	Hastings	2:25.55	3	3
1:10.853 (1:10.853)	2:25.548 (1:14.695)				
7 Payton Boer	SR	Morningside	2:27.25	2	2
1:12.112 (1:12.112)	2:27.245 (1:15.133)				
8 Rachel Barkema	JR	Morningside	2:28.07	1	1
1:11.321 (1:11.321)	2:28.067 (1:16.746)				
9 Rachel Walters	FR	Doane	2:28.34	2	2:28.340
1:12.846 (1:12.846)	2:28.340 (1:15.494)				
9 Michelle Sanchez	FR	Morningside	2:28.34	2	2:28.340
1:13.604 (1:13.604)	2:28.340 (1:14.736)				
11 Rylee Haecker	FR	Concordia	2:29.33	3	
1:12.728 (1:12.728)	2:29.327 (1:16.599)				
12 Kailey Weichel	SO	Concordia	2:29.87	2	
1:13.695 (1:13.695)	2:29.867 (1:16.172)				
13 Lauren Siefken	FR	Doane	2:30.25	2	
1:13.560 (1:13.560)	2:30.247 (1:16.687)				
14 Mollie Rathjen	FR	Concordia	2:30.99	2	
1:13.402 (1:13.402)	2:30.982 (1:17.580)				
15 Jaci Parriott	SR	Doane	2:32.45	2	
1:13.713 (1:13.713)	2:32.445 (1:18.732)				
16 Alyssa Burk	FR	St. Mary	2:34.79	1	
1:16.085 (1:16.085)	2:34.787 (1:18.702)				
17 Whitney Minderhoud	FR	Dordt	2:35.83	2	
1:14.098 (1:14.098)	2:35.824 (1:21.726)				
18 Jenna Dirkx	JR	Morningside	2:36.31	1	
1:16.592 (1:16.592)	2:36.303 (1:19.711)				
19 Alexa Fredericksen	FR	Dordt	2:36.68	1	
1:15.935 (1:15.935)	2:36.678 (1:20.743)				



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****Event 27 Women 1500 Meter Run**

GPAC Record: G 4:36.47 5/5/2018 Michelle Mumm, Morningside

NAIA Auto: A 4:37.50

NAIA Prov.: B 4:43.50

Name	Year	School	Finals	H#	Points
1	Emalee Fundermann	SR Morningside	4:49.93	2	10
	54.423 (54.423)	2:14.233 (1:19.811)	3:37.024 (1:22.791)		4:49.925 (1:12.901)
2	Rylee Haecker	FR Concordia	4:52.37	2	8
	54.166 (54.166)	2:13.970 (1:19.805)	3:36.848 (1:22.878)		4:52.363 (1:15.516)
3	Kristine Honomichl	SO Morningside	4:59.05	2	6
	55.460 (55.460)	2:15.611 (1:20.151)	3:39.125 (1:23.515)		4:59.042 (1:19.917)
4	Bethany Ten Haken	SO Dordt	5:03.05	2	5
	55.789 (55.789)	2:19.179 (1:23.390)	3:44.551 (1:25.372)		5:03.049 (1:18.499)
5	Jacinda Davis	JR Doane	5:03.74	2	4
	55.973 (55.973)	2:16.609 (1:20.636)	3:41.789 (1:25.180)		5:03.731 (1:21.942)
6	Madison Gerken	FR Hastings	5:05.73	2	3
	58.684 (58.684)	2:24.428 (1:25.745)	3:48.933 (1:24.505)		5:05.729 (1:16.797)
7	Avery Henderson	FR Morningside	5:06.86	2	2
	59.333 (59.333)	2:24.014 (1:24.681)	3:48.367 (1:24.353)		5:06.852 (1:18.485)
8	Samantha Blum	SR Northwestern	5:07.22	2	1
	59.145 (59.145)	2:24.125 (1:24.980)	3:48.793 (1:24.669)		5:07.213 (1:18.420)
9	Vivian Sanchez	JR Midland	5:09.64	2	
	58.910 (58.910)	2:22.953 (1:24.044)	3:44.873 (1:21.920)		5:09.638 (1:24.766)
10	Macie Moore	SR Morningside	5:21.38	1	
	1:02.104 (1:02.104)	2:27.167 (1:25.064)	3:53.426 (1:26.259)		5:21.376 (1:27.951)
11	Madilynn Edwards	FR Midland	5:25.18	2	
	59.788 (59.788)	2:23.622 (1:23.835)	3:49.751 (1:26.130)		5:25.178 (1:35.428)
12	Chloe Inhelder	FR St. Mary	5:26.95	1	
	1:05.141 (1:05.141)	2:35.074 (1:29.933)	4:01.333 (1:26.260)		5:26.941 (1:25.608)
13	Mary Kate Postma	JR Dordt	5:29.97	1	
	1:03.686 (1:03.686)	2:35.859 (1:32.173)	4:06.939 (1:31.080)		5:29.966 (1:23.028)
14	Tessa Kilber	FR Dakota Wesleyan	5:30.76	2	
	58.948 (58.948)	2:26.591 (1:27.643)	3:58.936 (1:32.345)		5:30.752 (1:31.816)
15	Emma Peck	JR St. Mary	5:32.49	1	
	1:09.146 (1:09.146)	2:39.256 (1:30.111)	4:09.146 (1:29.890)		5:32.487 (1:23.341)
16	Myia Johnson	FR Midland	5:35.11	1	
	1:04.306 (1:04.306)	2:35.380 (1:31.074)	4:05.695 (1:30.315)		5:35.101 (1:29.407)
17	Shanoah Wittern	JR Dordt	5:38.40	1	
	1:05.420 (1:05.420)	2:36.037 (1:30.618)	4:07.197 (1:31.160)		5:38.393 (1:31.196)
18	Rachel Kenny	SO Morningside	5:47.51	1	
	1:04.655 (1:04.655)	2:36.192 (1:31.538)	4:08.401 (1:32.209)		5:47.508 (1:39.108)
19	Hannah Mundt	FR Concordia	5:54.80	1	
	1:07.110 (1:07.110)	2:42.360 (1:35.250)	4:21.691 (1:39.331)		5:54.792 (1:33.102)
20	Peyton Gissler	FR Concordia	6:16.50	1	
	1:10.921 (1:10.921)	2:51.768 (1:40.847)	4:39.236 (1:47.468)		6:16.491 (1:37.255)



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****Event 28 Women 3000 Meter Steeplechase**

GPAC Record: G 10:47.28 5/7/2016 Marissa DeWispelare, Doane

NAIA Auto: A 11:18.00

NAIA Prov.: B 11:30.00

Name	Year	School	Finals	Points
1	Jessica Kampman	SO Dordt	11:59.06	10
	41.033 (41.033)	2:10.154 (1:29.121)	3:46.507 (1:36.354)	5:20.001 (1:33.495)
	6:56.975 (1:36.974)	8:37.522 (1:40.548)	10:19.926 (1:42.405)	11:59.056 (1:39.130)
2	Madison Gerken	FR Hastings	12:06.76	8
	44.233 (44.233)	2:15.797 (1:31.565)	3:51.641 (1:35.845)	5:29.145 (1:37.504)
	7:08.190 (1:39.045)	8:50.645 (1:42.455)	10:33.157 (1:42.513)	12:06.758 (1:33.601)
3	Grace Reiman	FR Concordia	12:18.61	6
	45.119 (45.119)	2:16.526 (1:31.408)	3:53.080 (1:36.554)	5:33.006 (1:39.926)
	7:18.636 (1:45.631)	9:07.289 (1:48.653)	10:47.785 (1:40.496)	12:18.602 (1:30.818)
4	Aleisha McDonald	SO Hastings	12:21.36	5
	40.611 (40.611)	2:08.687 (1:28.076)	3:46.311 (1:37.625)	5:32.546 (1:46.235)
	7:17.675 (1:45.129)	9:05.248 (1:47.574)	10:50.341 (1:45.093)	12:21.351 (1:31.011)
5	Alyssa Bierwagen	JR Concordia	12:23.12	4
	45.578 (45.578)	2:17.837 (1:32.260)	3:53.588 (1:35.751)	5:30.770 (1:37.182)
	7:10.225 (1:39.455)	8:56.314 (1:46.090)	10:44.339 (1:48.025)	12:23.117 (1:38.779)
6	Payton Boer	SR Morningside	12:24.17	3
	44.934 (44.934)	2:15.441 (1:30.508)	3:50.661 (1:35.220)	5:28.691 (1:38.031)
	7:10.296 (1:41.605)	9:00.447 (1:50.151)	10:50.239 (1:49.792)	12:24.167 (1:33.929)
7	Lydia Cook	JR Concordia	12:37.14	2
	45.211 (45.211)	2:16.911 (1:31.701)	3:53.855 (1:36.944)	5:32.186 (1:38.332)
	7:15.147 (1:42.961)	9:04.266 (1:49.120)	10:52.203 (1:47.937)	12:37.131 (1:44.928)
8	Jaci Parriott	SR Doane	12:57.84	1
	44.839 (44.839)	2:16.717 (1:31.879)	3:54.159 (1:37.442)	5:43.179 (1:49.020)
	7:36.388 (1:53.210)	9:29.594 (1:53.206)	11:19.085 (1:49.491)	12:57.835 (1:38.750)
9	Cody Selvage	JR Hastings	13:04.01	
	47.639 (47.639)	2:21.941 (1:34.302)	3:59.429 (1:37.489)	5:43.051 (1:43.623)
	7:30.457 (1:47.406)	9:22.016 (1:51.560)	11:16.159 (1:54.143)	13:04.001 (1:47.842)
10	Landry Hinkson	FR Hastings	13:06.37	
	47.997 (47.997)	2:23.444 (1:35.447)	4:04.778 (1:41.335)	5:49.410 (1:44.632)
	7:39.602 (1:50.193)	9:31.754 (1:52.152)	11:24.239 (1:52.485)	13:06.369 (1:42.130)
11	Tenna Beel	JR Morningside	13:21.12	
	47.692 (47.692)	2:23.846 (1:36.155)	4:05.848 (1:42.002)	5:52.905 (1:47.057)
	7:44.481 (1:51.576)	9:38.000 (1:53.520)	11:31.520 (1:53.520)	13:21.120 (1:49.600)
12	Allyson Schreiber	FR Jamestown	13:26.88	
	48.276 (48.276)	2:24.331 (1:36.056)	4:06.899 (1:42.568)	5:53.499 (1:46.600)
	7:46.221 (1:52.722)	9:43.336 (1:57.115)	11:38.178 (1:54.843)	13:26.871 (1:48.694)
13	Mary Pennekamp	FR Concordia	14:04.60	
	48.385 (48.385)	2:24.907 (1:36.523)	4:09.403 (1:44.496)	5:58.670 (1:49.267)
	7:56.187 (1:57.518)	9:58.931 (2:02.745)	12:03.391 (2:04.460)	14:04.591 (2:01.200)
14	Lauren Dawson	FR Concordia	14:14.86	
	50.777 (50.777)	2:38.112 (1:47.335)	4:30.043 (1:51.931)	6:26.015 (1:55.972)
	8:25.684 (1:59.670)	10:23.661 (1:57.978)	12:20.235 (1:56.574)	14:14.856 (1:54.621)



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021

Concordia University

Results

....Event 28 Women 3000 Meter Steeplechase

15	Grace Pennekamp	FR Concordia	14:25.55			
	49.063 (49.063)	2:32.681 (1:43.618)	4:25.643 (1:52.963)	6:23.621 (1:57.979)		
	8:25.608 (2:01.987)	10:29.901 (2:04.294)	12:32.294 (2:02.393)	14:25.545 (1:53.251)		
16	Maddie Beran	JR Concordia	14:31.26			
	52.686 (52.686)	2:40.814 (1:48.129)	4:34.337 (1:53.524)	6:34.261 (1:59.924)		
	8:38.474 (2:04.214)	10:42.257 (2:03.784)	12:43.783 (2:01.526)	14:31.253 (1:47.470)		
17	Malia Rolf	FR Concordia	14:32.39			
	52.611 (52.611)	2:38.311 (1:45.700)	4:30.469 (1:52.159)	6:26.610 (1:56.141)		
	8:30.471 (2:03.862)	10:35.971 (2:05.500)	12:40.322 (2:04.351)	14:32.386 (1:52.064)		
18	Maddy Sladky	SO Doane	14:55.19			
	53.076 (53.076)	2:41.115 (1:48.040)	4:34.955 (1:53.840)	6:34.288 (1:59.334)		
	8:39.956 (2:05.668)	10:46.683 (2:06.728)	12:52.634 (2:05.951)	14:55.187 (2:02.554)		

Event 29 Women 5000 Meter Run

GPAC Record: G 17:07.64 2011 Charity Miles, Northwestern
 NAIA Auto: A 17:36.30
 NAIA Prov.: B 17:50.00

Name	Year	School	Finals	Points		
1	Hunter Koepke	SR Northwestern	19:11.26	10		
	45.531 (45.531)	2:20.943 (1:35.412)	3:57.874 (1:36.931)	5:35.658 (1:37.784)		
	7:11.295 (1:35.637)	8:44.140 (1:32.845)	10:15.138 (1:30.998)	11:46.187 (1:31.049)		
	13:16.796 (1:30.609)	14:47.436 (1:30.640)	16:18.203 (1:30.767)	17:51.162 (1:32.959)		
	19:11.253 (1:20.091)					
2	Taylor Anema	SO Dordt	19:31.22	8		
	45.822 (45.822)	2:21.204 (1:35.382)	3:58.101 (1:36.897)	5:35.915 (1:37.814)		
	7:11.545 (1:35.630)	8:44.432 (1:32.887)	10:14.978 (1:30.546)	11:46.011 (1:31.033)		
	13:16.536 (1:30.525)	14:47.305 (1:30.769)	16:17.929 (1:30.624)	17:51.224 (1:33.295)		
	19:31.215 (1:39.991)					
3	Anika Homan	FR Dordt	19:40.61	6		
	46.072 (46.072)	2:21.705 (1:35.633)	3:58.323 (1:36.618)	5:36.065 (1:37.742)		
	7:11.968 (1:35.903)	8:44.872 (1:32.904)	10:17.355 (1:32.483)	11:50.970 (1:33.615)		
	13:25.248 (1:34.278)	15:02.356 (1:37.108)	16:40.306 (1:37.950)	18:13.165 (1:32.859)		
	19:40.606 (1:27.441)					
4	Sydney Clark	JR Concordia	19:47.83	5		
	45.703 (45.703)	2:21.475 (1:35.772)	3:58.311 (1:36.836)	5:36.120 (1:37.809)		
	7:11.779 (1:35.659)	8:44.926 (1:33.147)	10:18.277 (1:33.351)	11:54.790 (1:36.513)		
	13:31.628 (1:36.838)	15:07.232 (1:35.604)	16:43.368 (1:36.136)	18:20.853 (1:37.485)		
	19:47.829 (1:26.976)					
5	Kristine Honomichl	SO Morningside	19:52.88	4		
	46.363 (46.363)	2:22.586 (1:36.223)	3:58.425 (1:35.839)	5:36.145 (1:37.720)		
	7:11.686 (1:35.541)	8:44.613 (1:32.927)	10:17.156 (1:32.543)	11:50.709 (1:33.553)		
	13:24.937 (1:34.228)	15:02.087 (1:37.150)	16:41.369 (1:39.282)	18:21.884 (1:40.515)		
	19:52.871 (1:30.987)					



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6	Eden Winslow	JR Dordt	19:53.40	3
	45.997 (45.997)	2:21.791 (1:35.794)	3:58.495 (1:36.704)	5:36.279 (1:37.784)
	7:12.213 (1:35.934)	8:45.195 (1:32.982)	10:18.766 (1:33.571)	11:54.271 (1:35.505)
	13:31.234 (1:36.963)	15:07.048 (1:35.814)	16:47.325 (1:40.277)	18:26.964 (1:39.639)
	19:53.398 (1:26.434)			
7	Margaret Myskowski	FR Dordt	20:13.61	2
	46.393 (46.393)	2:22.543 (1:36.150)	3:58.649 (1:36.106)	5:36.423 (1:37.774)
	7:12.092 (1:35.669)	8:45.084 (1:32.992)	10:18.247 (1:33.163)	11:54.337 (1:36.090)
	13:31.317 (1:36.980)	15:08.004 (1:36.687)	16:51.067 (1:43.063)	18:34.492 (1:43.425)
	20:13.610 (1:39.118)			
8	Sam Crossett	JR Hastings	20:24.50	1
	45.906 (45.906)	2:22.757 (1:36.851)	3:58.766 (1:36.009)	5:36.405 (1:37.639)
	7:11.403 (1:34.998)	8:44.260 (1:32.857)	10:17.803 (1:33.543)	11:56.869 (1:39.066)
	13:40.772 (1:43.903)	15:26.028 (1:45.256)	17:06.855 (1:40.827)	18:51.218 (1:44.363)
	20:24.492 (1:33.274)			
9	Elyse Kuperus	JR Dordt	20:52.78	
	47.710 (47.710)	2:25.456 (1:37.746)	4:03.170 (1:37.714)	5:44.775 (1:41.605)
	7:25.285 (1:40.510)	9:05.490 (1:40.205)	10:44.769 (1:39.279)	12:26.668 (1:41.899)
	14:09.636 (1:42.968)	15:52.419 (1:42.783)	17:34.784 (1:42.365)	19:17.032 (1:42.248)
	20:52.774 (1:35.742)			
10	Grace Reiman	FR Concordia	21:12.17	
	45.677 (45.677)	2:22.264 (1:36.587)	3:59.011 (1:36.747)	5:36.925 (1:37.914)
	7:12.832 (1:35.907)	8:53.661 (1:40.829)	10:39.361 (1:45.700)	12:28.154 (1:48.793)
	14:18.584 (1:50.430)	16:05.032 (1:46.448)	17:52.014 (1:46.982)	19:38.204 (1:46.190)
	21:12.165 (1:33.961)			
11	Myia Johnson	FR Midland	21:17.89	
	49.065 (49.065)	2:28.752 (1:39.687)	4:06.602 (1:37.850)	5:47.342 (1:40.740)
	7:27.155 (1:39.813)	9:14.079 (1:46.924)	10:59.085 (1:45.006)	12:42.388 (1:43.303)
	14:25.733 (1:43.345)	16:11.256 (1:45.523)	17:56.308 (1:45.052)	19:41.648 (1:45.340)
	21:17.888 (1:36.240)			
12	Katlyn Wiese	FR Northwestern	21:25.32	
	47.247 (47.247)	2:26.037 (1:38.790)	4:06.114 (1:40.077)	5:47.024 (1:40.910)
	7:26.580 (1:39.556)	9:10.438 (1:43.858)	10:52.791 (1:42.353)	12:37.569 (1:44.778)
	14:21.896 (1:44.327)	16:09.124 (1:47.228)	17:57.401 (1:48.277)	19:46.302 (1:48.901)
	21:25.320 (1:39.018)			
13	Chloe Inhelder	FR St. Mary	21:27.42	
	49.332 (49.332)	2:29.063 (1:39.731)	4:06.926 (1:37.863)	5:47.597 (1:40.671)
	7:26.861 (1:39.264)	9:11.180 (1:44.319)	10:54.831 (1:43.651)	12:42.832 (1:48.001)
	14:29.817 (1:46.985)	16:18.434 (1:48.617)	18:06.827 (1:48.393)	19:53.694 (1:46.867)
	21:27.412 (1:33.718)			
14	Greichaly Kaster	JR Dordt	21:32.92	
	46.782 (46.782)	2:22.866 (1:36.084)	3:59.397 (1:36.531)	5:37.225 (1:37.828)
	7:17.962 (1:40.737)	9:03.732 (1:45.770)	10:47.449 (1:43.717)	12:34.855 (1:47.406)
	14:22.779 (1:47.924)	16:09.791 (1:47.012)	17:57.694 (1:47.903)	19:45.672 (1:47.978)
	21:32.915 (1:47.243)			



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****....Event 29 Women 5000 Meter Run**

15	Madilynn Edwards	FR Midland	21:38.38
	49.108 (49.108)	2:28.728 (1:39.620)	4:06.724 (1:37.996) 5:47.423 (1:40.699)
	7:26.346 (1:38.923)	9:09.431 (1:43.085)	10:53.801 (1:44.370) 12:39.339 (1:45.538)
	14:24.931 (1:45.592)	16:16.122 (1:51.191)	18:07.499 (1:51.377) 19:53.018 (1:45.519)
	21:38.379 (1:45.361)		
16	Danielle Van Zante	SR Dordt	22:10.49
	47.948 (47.948)	2:27.823 (1:39.875)	4:08.265 (1:40.442) 5:51.158 (1:42.893)
	7:36.616 (1:45.458)	9:24.339 (1:47.723)	11:13.222 (1:48.883) 13:01.426 (1:48.204)
	14:51.613 (1:50.187)	16:46.091 (1:54.478)	18:38.850 (1:52.759) 20:26.878 (1:48.028)
	22:10.481 (1:43.603)		
17	Amie Martin	FR Concordia	22:33.70
	45.558 (45.558)	2:22.281 (1:36.723)	3:58.981 (1:36.700) 5:37.537 (1:38.556)
	7:20.181 (1:42.644)	9:07.804 (1:47.623)	10:55.237 (1:47.433) 12:45.420 (1:50.183)
	14:40.993 (1:55.573)	16:38.825 (1:57.832)	18:39.126 (2:00.301) 20:40.275 (2:01.149)
	22:33.700 (1:53.425)		
18	Rachel Kenny	SO Morningside	24:05.15
	49.395 (49.395)	2:29.034 (1:39.639)	4:08.868 (1:39.834) 5:57.336 (1:48.468)
	7:50.781 (1:53.445)	9:47.669 (1:56.888)	11:48.417 (2:00.748) 13:49.900 (2:01.483)
	15:51.212 (2:01.312)	17:53.600 (2:02.388)	19:59.280 (2:05.680) 22:03.635 (2:04.355)
	24:05.150 (2:01.515)		
19	Emily Grant	SR Hastings	27:15.11
	53.468 (53.468)	2:46.611 (1:53.143)	4:39.913 (1:53.302) 6:35.177 (1:55.264)
	8:37.015 (2:01.838)	10:52.613 (2:15.598)	13:15.936 (2:23.323) 15:33.520 (2:17.584)
	17:53.288 (2:19.768)	20:17.295 (2:24.007)	22:43.081 (2:25.786) 25:05.220 (2:22.139)
	27:15.108 (2:09.888)		

Event 30 Women 10000 Meter Run

GPAC Record: G 37:11.93 5/2/2014 Lauren Shomaker, Hastings

NAIA Auto: A 37:30.00

NAIA Prov.: B 38:13.00

Name	Year	School	Finals	Points
1	Hunter Koepke	SR Northwestern	39:45.46	10
	1:24.589 (1:24.589)	2:56.342 (1:31.754)	4:26.419 (1:30.077) 5:56.443 (1:30.025)	
	7:27.742 (1:31.299)	9:00.797 (1:33.056)	10:33.457 (1:32.660) 12:09.176 (1:35.720)	
	13:44.918 (1:35.743)	15:22.974 (1:38.056)	17:00.812 (1:37.838) 18:36.483 (1:35.672)	
	20:13.957 (1:37.475)	21:52.972 (1:39.015)	23:35.403 (1:42.431) 25:18.288 (1:42.885)	
	26:56.013 (1:37.725)	28:32.535 (1:36.522)	30:12.487 (1:39.953) 31:53.089 (1:40.603)	
	33:30.252 (1:37.164)	35:04.287 (1:34.035)	36:39.604 (1:35.317) 38:16.112 (1:36.508)	
	39:45.460 (1:29.348)			
2	Sydney Clark	JR Concordia	42:01.23	8
	1:25.817 (1:25.817)	2:57.637 (1:31.821)	4:32.153 (1:34.516) 6:07.582 (1:35.430)	
	7:44.360 (1:36.778)	9:21.143 (1:36.784)	10:57.923 (1:36.780) 12:37.004 (1:39.081)	
	14:16.817 (1:39.813)	15:57.792 (1:40.976)	17:38.462 (1:40.670) 19:21.362 (1:42.900)	
	21:03.854 (1:42.493)	22:46.569 (1:42.715)	24:31.422 (1:44.854) 26:14.797 (1:43.375)	
	27:58.033 (1:43.236)	29:43.470 (1:45.437)	31:30.900 (1:47.430) 33:19.797 (1:48.898)	
	35:06.556 (1:46.760)	36:51.392 (1:44.836)	38:35.501 (1:44.110) 40:19.195 (1:43.695)	
	42:01.228 (1:42.033)			



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****....Event 30 Women 10000 Meter Run**

3	Sam Crossett	JR Hastings	42:23.09	6
	1:30.008 (1:30.008)	3:04.491 (1:34.483)	4:38.667 (1:34.176)	6:13.753 (1:35.087)
	7:51.195 (1:37.443)	9:28.962 (1:37.768)	11:07.771 (1:38.809)	12:47.350 (1:39.580)
	14:28.874 (1:41.524)	16:12.530 (1:43.656)	17:59.747 (1:47.218)	19:47.312 (1:47.565)
	21:28.343 (1:41.031)	23:13.353 (1:45.010)	25:00.104 (1:46.751)	26:46.719 (1:46.615)
	28:33.073 (1:46.355)	30:21.111 (1:48.038)	32:06.891 (1:45.780)	33:49.692 (1:42.802)
	35:35.507 (1:45.815)	37:16.892 (1:41.386)	39:02.547 (1:45.655)	40:46.193 (1:43.647)
	42:23.085 (1:36.893)			
4	Brenna Tolkamp	JR Dordt	42:40.40	5
	1:27.992 (1:27.992)	3:02.937 (1:34.945)	4:38.075 (1:35.139)	6:12.892 (1:34.818)
	7:51.969 (1:39.077)	9:29.689 (1:37.720)	11:08.550 (1:38.861)	12:48.055 (1:39.506)
	14:29.147 (1:41.093)	16:11.345 (1:42.198)	17:53.552 (1:42.207)	19:37.688 (1:44.137)
	21:21.122 (1:43.435)	23:07.177 (1:46.055)	24:53.920 (1:46.743)	26:40.020 (1:46.100)
	28:27.238 (1:47.218)	30:16.813 (1:49.575)	32:04.965 (1:48.153)	33:53.341 (1:48.376)
	35:42.870 (1:49.530)	37:30.775 (1:47.905)	39:15.302 (1:44.527)	41:02.632 (1:47.330)
	42:40.400 (1:37.768)			
5	Sydney Stiemsma	JR Dordt	42:43.61	4
	1:32.732 (1:32.732)	3:12.370 (1:39.639)	4:51.476 (1:39.106)	6:29.420 (1:37.945)
	8:10.297 (1:40.878)	9:51.842 (1:41.545)	11:34.516 (1:42.675)	13:17.310 (1:42.794)
	14:59.956 (1:42.647)	16:41.057 (1:41.101)	18:24.398 (1:43.342)	20:09.870 (1:45.473)
	21:54.522 (1:44.653)	23:37.330 (1:42.808)	25:20.717 (1:43.388)	27:04.152 (1:43.435)
	28:48.100 (1:43.949)	30:33.892 (1:45.792)	32:19.231 (1:45.340)	34:04.982 (1:45.751)
	35:50.317 (1:45.335)	37:35.461 (1:45.145)	39:19.987 (1:44.527)	41:04.667 (1:44.680)
	42:43.607 (1:38.940)			
6	Lucy Borkowski	FR Dordt	42:50.05	3
	1:27.726 (1:27.726)	3:02.650 (1:34.924)	4:37.779 (1:35.130)	6:13.164 (1:35.385)
	7:52.248 (1:39.085)	9:29.928 (1:37.680)	11:07.505 (1:37.578)	12:47.694 (1:40.189)
	14:28.484 (1:40.790)	16:10.984 (1:42.500)	17:53.230 (1:42.246)	19:37.985 (1:44.755)
	21:21.356 (1:43.372)	23:07.333 (1:45.978)	24:53.600 (1:46.268)	26:40.185 (1:46.585)
	28:27.392 (1:47.208)	30:16.246 (1:48.855)	32:05.135 (1:48.889)	33:53.417 (1:48.283)
	35:43.486 (1:50.070)	37:32.160 (1:48.675)	39:20.810 (1:48.650)	41:08.187 (1:47.378)
	42:50.044 (1:41.857)			
7	Jaden Hilkeemann	FR Doane	43:23.63	2
	1:33.957 (1:33.957)	3:11.740 (1:37.784)	4:51.120 (1:39.380)	6:29.411 (1:38.291)
	8:10.239 (1:40.828)	9:51.780 (1:41.541)	11:34.174 (1:42.395)	13:16.907 (1:42.734)
	14:59.597 (1:42.690)	16:40.528 (1:40.931)	18:23.755 (1:43.227)	20:09.189 (1:45.435)
	21:54.890 (1:45.701)	23:38.140 (1:43.250)	25:23.859 (1:45.720)	27:10.060 (1:46.201)
	28:58.358 (1:48.299)	30:46.026 (1:47.668)	32:35.065 (1:49.039)	34:25.790 (1:50.725)
	36:12.854 (1:47.065)	38:01.970 (1:49.117)	39:51.506 (1:49.536)	41:37.496 (1:45.990)
	43:23.629 (1:46.133)			
8	Amie Martin	FR Concordia	44:23.89	1
	1:30.338 (1:30.338)	3:04.859 (1:34.521)	4:39.052 (1:34.193)	6:14.600 (1:35.549)
	7:52.759 (1:38.159)	9:30.295 (1:37.537)	11:08.030 (1:37.735)	12:47.170 (1:39.140)
	14:28.784 (1:41.614)	16:11.831 (1:43.048)	17:57.851 (1:46.020)	19:46.210 (1:48.359)
	21:33.717 (1:47.508)	23:24.820 (1:51.103)	25:17.459 (1:52.640)	27:03.779 (1:46.320)
	28:59.543 (1:55.765)	30:53.612 (1:54.069)	32:47.384 (1:53.773)	34:39.570 (1:52.187)
	36:34.812 (1:55.243)	38:31.691 (1:56.879)	40:27.389 (1:55.698)	42:26.117 (1:58.729)
	44:23.882 (1:57.765)			



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****....Event 30 Women 10000 Meter Run**

9	Katlyn Wiese	FR Northwestern	44:56.74				
	1:33.388 (1:33.388)	3:12.697 (1:39.309)	4:51.489 (1:38.793)	6:30.216 (1:38.728)			
	8:10.870 (1:40.655)	9:52.237 (1:41.367)	11:34.915 (1:42.679)	13:18.185 (1:43.270)			
	15:01.714 (1:43.529)	16:47.441 (1:45.728)	18:35.438 (1:47.998)	20:24.162 (1:48.724)			
	22:14.542 (1:50.381)	24:05.991 (1:51.449)	25:58.295 (1:52.305)	27:50.610 (1:52.315)			
	29:44.759 (1:54.149)	31:40.815 (1:56.056)	33:37.041 (1:56.227)	35:32.084 (1:55.043)			
	37:27.046 (1:54.963)	39:21.370 (1:54.325)	41:14.285 (1:52.915)	43:07.683 (1:53.399)			
	44:56.735 (1:49.052)						
10	Elizabeth Baade	FR Hastings	46:57.24				
	1:35.772 (1:35.772)	3:18.138 (1:42.367)	5:01.109 (1:42.971)	6:45.378 (1:44.270)			
	8:30.253 (1:44.875)	10:15.458 (1:45.205)	12:03.407 (1:47.950)	13:52.908 (1:49.501)			
	15:46.457 (1:53.550)	17:40.523 (1:54.066)	19:35.086 (1:54.563)	21:30.525 (1:55.439)			
	23:27.154 (1:56.630)	25:25.154 (1:58.000)	27:27.067 (2:01.913)	29:29.747 (2:02.681)			
	31:31.091 (2:01.344)	33:30.413 (1:59.323)	35:26.285 (1:55.872)	37:19.094 (1:52.810)			
	39:17.296 (1:58.203)	41:17.538 (2:00.243)	43:20.941 (2:03.403)	45:15.567 (1:54.626)			
	46:57.235 (1:41.669)						
11	Emily Grant	SR Hastings	49:58.27				
	1:52.725 (1:52.725)	3:47.658 (1:54.934)	5:42.265 (1:54.607)	7:38.245 (1:55.980)			
	9:34.094 (1:55.850)	11:30.675 (1:56.581)	13:29.136 (1:58.462)	15:29.364 (2:00.228)			
	17:28.727 (1:59.363)	19:32.037 (2:03.311)	21:38.754 (2:06.717)	23:41.182 (2:02.428)			
	25:41.562 (2:00.380)	27:42.243 (2:00.682)	29:45.977 (2:03.735)	31:49.134 (2:03.157)			
	33:50.163 (2:01.030)	35:52.644 (2:02.481)	37:54.460 (2:01.817)	39:56.784 (2:02.324)			
	42:01.833 (2:05.050)	44:06.982 (2:05.149)	46:08.285 (2:01.304)	48:07.329 (1:59.044)			
	49:58.269 (1:50.940)						
12	Carley Davis	FR Hastings	50:45.61				
	1:52.135 (1:52.135)	3:47.142 (1:55.007)	5:42.681 (1:55.540)	7:39.108 (1:56.428)			
	9:35.654 (1:56.546)	11:33.332 (1:57.678)	13:31.202 (1:57.871)	15:32.404 (2:01.202)			
	17:33.321 (2:00.918)	19:36.194 (2:02.873)	21:35.616 (1:59.423)	23:39.468 (2:03.853)			
	25:46.819 (2:07.351)	27:53.009 (2:06.190)	29:59.980 (2:06.972)	32:07.668 (2:07.688)			
	34:12.360 (2:04.692)	36:19.156 (2:06.797)	38:29.173 (2:10.018)	40:38.508 (2:09.335)			
	42:43.087 (2:04.579)	44:52.612 (2:09.526)	46:58.394 (2:05.782)	48:55.894 (1:57.500)			
	50:45.603 (1:49.710)						
--	Maddie Coufal	JR St. Mary	DNF				
	1:41.271 (1:41.271)	3:31.195 (1:49.925)	5:21.557 (1:50.363)	7:13.595 (1:52.038)			
	9:06.585 (1:52.990)	10:59.504 (1:52.920)	12:51.235 (1:51.731)	14:43.440 (1:52.205)			
--	Abi DeLoach	SO Concordia	DNF				
	1:34.126 (1:34.126)	3:12.665 (1:38.540)	4:51.691 (1:39.026)	6:29.918 (1:38.228)			
	8:10.996 (1:41.078)	9:52.302 (1:41.307)	11:35.022 (1:42.720)	13:17.549 (1:42.528)			
	15:02.072 (1:44.523)	16:55.035 (1:52.963)					
--	Tara Andersen	SR Dordt	DNF				
	1:32.367 (1:32.367)	3:12.012 (1:39.645)	4:51.260 (1:39.249)	6:29.771 (1:38.511)			
	8:10.691 (1:40.920)	9:52.047 (1:41.356)					



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****Event 31 Women 100 Meter Hurdles****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

GPAC Record: G 14.08 2015 Karen Ettleman, Northwestern College
 GPAC Record: G 14.08 1987 Melody Robinson, Midland Lutheran Col
 NAIA Auto: A 14.55
 NAIA Prov.: B 14.94

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Lauren Tamayo	SO Hastings	B 14.62Q	NWI	1
2	Nisa Thomas	FR Hastings	B 14.81Q	NWI	2
3	Rachel Battershell	SO Concordia	B 14.88Q	NWI	3
4	Sarah Lewis	SO Concordia	15.00q	NWI	3
5	Ashinee George	FR Mount Marty	15.14q	NWI	2
6	Dayris Bonillas	JR Hastings	15.35q	NWI	1
7	Stephanie Faulhabe	JR Mount Marty	15.42q	NWI	3
8	Emily Loy	JR Concordia	15.77q	NWI	2
9	Jastiny Jackson	FR Doane	15.92	NWI	1
10	Nicole Harms	FR Doane	15.98	NWI	1
11	Josie Puelz	FR Concordia	16.01	NWI	2
12	Rhys Maxey	FR Hastings	16.16	NWI	1
13	Hope Morken	SO Morningside	16.17	NWI	2
14	Rylee Rice	FR Doane	16.38	NWI	3
15	Kaylee Boyle	SO Concordia	16.73	NWI	3 16.725
16	Bryn Groff	SR Morningside	16.73	NWI	2 16.728
17	Jada Marco	SR Northwestern	16.77	NWI	1
18	Jada Lloyd	FR Doane	16.97	NWI	3
19	Sara Bonn	FR Jamestown	17.18	NWI	2
20	Ella De Jong	FR Dordt	17.54	NWI	1
21	Emma Jenness	FR Northwestern	17.57	NWI	3

Event 31 Women 100 Meter Hurdles

GPAC Record: G 14.08 2015 Karen Ettleman, Northwestern College
 GPAC Record: G 14.08 1987 Melody Robinson, Midland Lutheran College
 NAIA Auto: A 14.55
 NAIA Prov.: B 14.94

Name	Year	School	Finals	Wind	Points
Finals					
1	Lauren Tamayo	SO Hastings	14.11A	NWI	10
2	Rachel Battershell	SO Concordia	14.25A	NWI	8
3	Sarah Lewis	SO Concordia	14.60B	NWI	6
4	Nisa Thomas	FR Hastings	14.91B	NWI	5
5	Stephanie Faulhabe	JR Mount Marty	15.12	NWI	4
6	Dayris Bonillas	JR Hastings	15.24	NWI	3
7	Emily Loy	JR Concordia	15.95	NWI	2
--	Ashinee George	FR Mount Marty	DNF	NWI	



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****Event 32 Women 400 Meter Hurdles**

GPAC Record: G 1:00.23 2001 Shannon Mihaltan, Hastings College

NAIA Auto: A 1:03.30

NAIA Prov.: B 1:04.70

Name	Year	School	Finals	H#	Points
1	Rachel Battershell	SO Concordia	1:02.31A	3	10
2	Sarah Lewis	SO Concordia	1:03.85B	3	8
3	Anmarie Stuit	JR Dordt	1:03.94B	3	6
4	Abigail Clarke	SO Northwestern	1:05.47	3	5
5	Tianna Bumbace-Kue	FR Mount Marty	1:06.54	2	4
6	Callie Yeakel	SO Morningside	1:06.59	3	3
7	Anni Stier	FR Jamestown	1:07.14	2	2
8	Meghan Orr	SO Jamestown	1:07.47	3	1
9	Hope Morken	SO Morningside	1:08.14	2	
10	Ashinee George	FR Mount Marty	1:08.22	2	
11	Sarah Bosch	SO Morningside	1:08.48	2	
12	Rhys Maxey	FR Hastings	1:09.44	3	
13	Dayris Bonillas	JR Hastings	1:09.85	2	
14	Grace Reimer	FR Concordia	1:09.92	1	
15	Emma Jenness	FR Northwestern	1:09.96	1	
16	Kennedy Mogul	JR Concordia	1:10.97	2	
17	Madyson Ray	FR Midland	1:11.22	1	
18	Jordyn Hilyard	SO Concordia	1:12.40	1	
19	Morgan Roberts	JR Morningside	1:12.58	1	
20	Halle Weise	JR Doane	1:14.43	2	1:14.425
21	Ella De Jong	FR Dordt	1:14.43	1	1:14.428
22	Anna McCoy	FR Concordia	1:18.18	1	

Event 33 Women 4x100 Meter Relay

GPAC Record: G 47.00

GPAC Record: G 46.86 2019 Hasting, Hastings College
S Cunningham, J Wilson, D Maessner, M Moran

NAIA Auto: A 47.99

NAIA Prov.: B 48.32

School	Finals	H#	Points
1 Hastings	47.42A	2	10
1) Julyah Wilson SO			
2) Lauren Tamayo SO			
3) Karsen Sears SO			
4) Daisy Maessner SO			
2 Concordia University	48.45	2	8
1) Emily Loy JR			
2) Amira Cummings FR			
3) Hannah Mulligan SO			
4) Cora Olson SO			
3 Dordt	49.63	2	6
1) Erika Nikkel FR			
2) Emma Bakker JR			
3) Julia Yoder SR			
4) Alexandra Beckmann FR			
4 Mount Marty	49.77	2	5
1) Stephanie Faulhaber JR			
2) Ashinee George FR			
3) Aniya Teppo FR			
4) Elianna Clark SO			



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....Event 33 Women 4x100 Meter Relay

5	Northwestern College	50.07	2	4
	1) Lizzy Blum FR		2) Natalie Lausen SO	
	3) Jada Marco SR		4) Caitlin Ostbye FR	
6	Doane	50.39	2	3
	1) MacKenzie Brandl JR		2) Annika Pingel SO	
	3) Nicole Harms FR		4) Jastiny Jackson FR	
7	Morningside	50.53	1	2
	1) Lindsey Flammang SR		2) Kayla Eilander FR	
	3) Callie Yeakel SO		4) Betsy Ridout JR	
8	Jamestown	51.37	2	1
	1) Gracie Bohl FR		2) Meghan Orr SO	
	3) Anni Stier FR		4) Jordynn Toliver FR	
9	Dakota Wesleyan	51.78	2	
	1) Lydia Gerber SR		2) Ashtyn Evans FR	
	3) Lia Guigui JR		4) Avany Long FR	
10	Briar Cliff	52.23	1	
	1) Mollie Williams FR		2) Pluma Pross FR	
	3) Isabel Sayler FR		4) Jesikah Boykin FR	

Event 34 Women 4x400 Meter Relay

GPAC Record: G 3:47.08 5/7/2016 Nebraska Wesleyan, Nebraska Wes
E Jones, A Hunke, K Jones, K Krick

NAIA Auto: A 3:55.00

NAIA Prov.: B 3:57.00

School	Finals	H#	Points
1 Concordia University	3:55.28B	2	10
1) Keri Bauer SO		2) Sarah Lewis SO	
3) Sydni Schernikau FR		4) Rachel Battershell SO	
1:59.054 (1:59.054)	2:58.459 (59.405)	3:55.274 (56.815)	
2 Dordt	4:02.42	2	8
1) Mika Kooistra JR		2) Cassie Brandsma SO	
3) Anna Herman FR		4) Emma Bakker JR	
2:01.923 (2:01.923)	3:04.355 (1:02.433)	4:02.417 (58.062)	
3 Morningside	4:03.48	2	6
1) Betsy Ridout JR		2) Jo McKibben JR	
3) Callie Yeakel SO		4) Emily Chicoine FR	
2:02.241 (2:02.241)	3:03.788 (1:01.548)	4:03.477 (59.689)	
4 Jamestown	4:05.26	2	5
1) Meghan Orr SO		2) Naja Whitehead FR	
3) Jordynn Toliver FR		4) Anni Stier FR	
2:05.053 (2:05.053)	3:04.792 (59.739)	4:05.255 (1:00.464)	
5 Northwestern College	4:06.13	2	4
1) Abigail Clarke SO		2) Morgan Van Der Brink JR	
3) Devyn Kemble JR		4) Savonne Sterk FR	
2:02.725 (2:02.725)	3:05.291 (1:02.566)	4:06.130 (1:00.840)	
6 Mount Marty	4:08.54	2	3



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....Event 34 Women 4x400 Meter Relay

1) Stephanie Faulhaber JR	2) Elianna Clark SO				
3) Ashinee George FR	4) Tianna Bumbace-Kuehl FR				
2:06.381 (2:06.381)	3:07.222 (1:00.841)	4:08.537 (1:01.315)			
7 Doane		4:12.31	2	2	
1) Annika Pingel SO	2) MacKenzie Brandl JR				
3) Grace Damme FR	4) Nicole Harms FR				
2:04.775 (2:04.775)	3:09.652 (1:04.877)	4:12.304 (1:02.653)			
8 Hastings		4:27.04	2	1	
1) Veronica Pinkerton FR	2) Rhys Maxey FR				
3) Madison Gerken FR	4) Landry Hinkson FR				
2:08.465 (2:08.465)	3:15.569 (1:07.105)	4:27.037 (1:11.468)			
9 Midland		4:27.86	1		
1) Vivian Sanchez JR	2) Madyson Ray FR				
3) Kylee Edmonds FR	4) Wendy van Nes FR				
2:12.710 (2:12.710)	3:21.723 (1:09.013)	4:27.860 (1:06.138)			
10 St. Mary		4:40.10	1		
1) Grace Blum JR	2) Anna Hough JR				
3) Alyssa Burk FR	4) Leah Schmidt FR				
2:19.899 (2:19.899)	3:29.157 (1:09.259)	4:40.100 (1:10.944)			

Event 35 Women 4x800 Meter Relay

=====

GPAC Record: G 9:04.58 2015 Dordt College, Dordt
 K Byl, K Lewis, L Koerner, J VanZee

NAIA Auto: A 9:24.00
 NAIA Prov.: B 9:29.00

School	Finals	Points
1 Doane	9:31.76	10
1) Jaci Parriott SR	2) Lauren Siefken FR	
3) Jacinda Davis JR	4) Annika Pingel SO	
2:27.509 (2:27.509)	4:58.743 (2:31.235)	7:16.771 (2:18.029)
9:31.759 (2:14.988)		
2 Dordt	9:33.39	8
1) Mika Kooistra JR	2) Whitney Minderhoud FR	
3) Bethany Ten Haken SO	4) Annika Rick SR	
2:18.382 (2:18.382)	4:46.812 (2:28.430)	7:19.446 (2:32.634)
9:33.389 (2:13.944)		
3 Concordia University	9:33.90	6
1) Rylee Haecker FR	2) Keri Bauer SO	
3) Kailey Weichel SO	4) Grace Reiman FR	
2:21.606 (2:21.606)	4:42.231 (2:20.625)	7:09.815 (2:27.585)
9:33.898 (2:24.083)		
4 Hastings	9:40.48	5
1) Veronica Pinkerton FR	2) Madison Gerken FR	
3) Landry Hinkson FR	4) Aleisha McDonald SO	
2:17.312 (2:17.312)	4:39.850 (2:22.538)	7:15.506 (2:35.657)
9:40.474 (2:24.968)		
5 Northwestern College	9:52.46	4
1) Morgan Van Der Brink JR	2) Devyn Kemble JR	
3) Savonne Sterk FR	4) Samantha Blum SR	
2:18.928 (2:18.928)	4:48.278 (2:29.350)	7:21.096 (2:32.819)
9:52.457 (2:31.361)		
6 Morningside	10:01.37	3



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....Event 36 Women Long Jump

10	Jamey Broman	SO Concordia	5.31m	NWI	17-05.25	2
	FOUL	FOUL	5.31m(NWI)			
11	Gabby Diamond	JR Concordia	5.19m	NWI	17-00.50	1
	5.18m(NWI)	4.94m(NWI)	5.19m(NWI)			
12	Kaylynn Ridgely	FR Northwestern	5.15m	NWI	16-10.75	1
	FOUL	5.12m(NWI)	5.15m(NWI)			
13	Lauren Theiler	SO Doane	5.09m	NWI	16-08.50	1
	4.92m(NWI)	4.96m(NWI)	5.09m(NWI)			
14	Taylor Moes	FR Concordia	4.99m	NWI	16-04.50	1
	FOUL	4.99m(NWI)	FOUL			
15	Katie Jacob	SO Northwestern	4.96m	NWI	16-03.25	1
	4.96m(NWI)	FOUL	4.85m(NWI)			
16	Mikayla Balt	SO Dordt	4.94m	NWI	16-02.50	1
	4.94m(NWI)	4.65m(NWI)	4.60m(NWI)			
17	Naja Whitehead	FR Jamestown	4.92m	NWI	16-01.75	1
	FOUL	4.92m(NWI)	4.74m(NWI)			
18	Skylar Kreifels	FR Concordia	4.87m	NWI	15-11.75	1
	4.18m(NWI)	4.43m(NWI)	4.87m(NWI)			
19	Ashley Vandermeer	SO Dordt	J4.87m	NWI	15-11.75	2
	FOUL	4.87m(NWI)	FOUL			
20	Gracie Bohl	FR Jamestown	4.76m	NWI	15-07.50	1
	4.57m(NWI)	4.76m(NWI)	4.70m(NWI)			
21	Haley Miller	SO Doane	J4.76m	NWI	15-07.50	1
	4.76m(NWI)	4.63m(NWI)	4.48m(NWI)			
22	Jaelynn Scott	FR Doane	4.62m	NWI	15-02.00	1
	4.62m(NWI)	FOUL	4.23m(NWI)			
23	Anna Allen	SO Jamestown	4.60m	NWI	15-01.25	1
	FOUL	4.60m(NWI)	FOUL			

Event 37 Women Triple Jump

GPAC Record: G 12.58m 2004 Rochelle Schmidt, Doane College
 NAIA Auto: A 11.75m
 NAIA Prov.: B 11.50m

Name	Year	School	Finals	Wind	H#	Points
1	Daisy Maessner	SO Hastings	11.80mA	NWI	38-08.75	2 10
	11.29m(NWI)	FOUL	FOUL	11.53m(NWI)	11.80m(NWI)	PASS
2	Lydia Gerber	SR Dakota Wesleyan	11.52mB	NWI	37-09.50	2 8
	11.48m(NWI)	11.17m(NWI)	FOUL	11.52m(NWI)	11.46m(NWI)	FOUL
3	Taylor Moes	FR Concordia	11.38m	NWI	37-04.00	2 6
	FOUL	11.38m(NWI)	FOUL	10.70m(NWI)	FOUL	10.91m(NWI)
4	Cora Olson	SO Concordia	11.14m	NWI	36-06.75	2 5
	10.90m(NWI)	9.56m(NWI)	10.60m(NWI)	10.98m(NWI)	11.14m(NWI)	FOUL
5	Haley Miller	SO Doane	10.81m	NWI	35-05.75	2 4
	FOUL	10.38m(NWI)	10.72m(NWI)	10.34m(NWI)	10.81m(NWI)	FOUL
6	Naja Whitehead	FR Jamestown	J10.81m	NWI	35-05.75	2 3
	FOUL	10.41m(NWI)	10.57m(NWI)	10.35m(NWI)	FOUL	10.81m(NWI)



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....Event 37 Women Triple Jump

7	Averie Lambrecht	FR Concordia	10.80m	NWI	35-05.25	2	2
	10.27m(NWI)	10.71m(NWI)	10.80m(NWI)	9.99m(NWI)	10.60m(NWI)	10.71m(NWI)	
8	Ashley Vandermeer	SO Dordt	10.67m	NWI	35-00.25	2	1
	10.67m(NWI)	FOUL	10.54m(NWI)	PASS	PASS	PASS	
9	Kiana Payer	FR Mount Marty	10.40m	NWI	34-01.50	1	
	9.84m(NWI)	9.99m(NWI)	10.36m(NWI)	9.93m(NWI)	10.40m(NWI)	FOUL	
10	Isabel Sayler	FR Briar Cliff	10.33m	NWI	33-10.75	1	
	FOUL	10.18m(NWI)	10.33m(NWI)				
11	Lauren Theiler	SO Doane	10.30m	NWI	33-09.50	2	
	FOUL	FOUL	10.30m(NWI)				
12	Ashtyn Evans	FR Dakota Wesleyan	10.28m	NWI	33-08.75	1	
	9.85m(NWI)	10.28m(NWI)	FOUL				
13	Paige Decker	FR Dordt	10.18m	NWI	33-04.75	2	
	10.18m(NWI)	10.18m(NWI)	FOUL				
14	Jaelyn Dragt	FR Dordt	10.17m	NWI	33-04.50	2	
	10.17m(NWI)	9.97m(NWI)	FOUL				
15	Allison Madden	FR Morningside	10.13m	NWI	33-03.00	1	
	9.42m(NWI)	10.13m(NWI)	9.63m(NWI)				
16	Jada Lloyd	FR Doane	10.08m	NWI	33-01.00	1	
	9.87m(NWI)	10.08m(NWI)	9.87m(NWI)				
17	Mikayla Balt	SO Dordt	10.07m	NWI	33-00.50	1	
	10.07m(NWI)	FOUL	9.78m(NWI)				
18	Sarah Heck	JR Concordia	9.94m	NWI	32-07.50	1	
	9.73m(NWI)	9.94m(NWI)	9.87m(NWI)				
19	Jessica Niles	FR Mount Marty	9.84m	NWI	32-03.50	1	
	FOUL	9.28m(NWI)	9.84m(NWI)				
20	Gemma SeEVERS	FR Concordia	9.69m	NWI	31-09.50	1	
	9.47m(NWI)	FOUL	9.69m(NWI)				
21	Katie Jacob	SO Northwestern	9.56m	NWI	31-04.50	1	
	9.45m(NWI)	FOUL	9.56m(NWI)				

Event 38 Women High Jump

GPAC Record: G 1.78m 1992 Kim Oden / Katie Jasa, NWU / Doane College
 NAIA Auto: A 1.67m
 NAIA Prov.: B 1.64m

Name	Year	School	Finals	Points			
1	Cassie Brandsma	SO Dordt	1.67mA	5-05.75 10			
	1.49	1.54	1.59	1.64	1.67	1.70	
	O	O	XO	XXO	XO	XXX	
2	Lauren Tamayo	SO Hastings	J1.67mA	5-05.75 8			
	1.49	1.54	1.59	1.64	1.67	1.70	
	P	O	XO	XO	XXO	XXX	
3	Mackenzie Koepke	SO Concordia	1.64mB	5-04.50 6			
	1.49	1.54	1.59	1.64	1.67		
	P	O	O	XO	XXX		



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4	Lindsey Craig	SO Northwestern	J1.64mB	5-04.50	5
	1.49 1.54 1.59 1.64 1.67				
	O O XO XXO XXX				
5	Amy Richert	FR Concordia	J1.64mB	5-04.50	4
	1.49 1.54 1.59 1.64 1.67				
	P O XXO XXO XXX				
6	Cori De Jong	JR Dordt	1.59m	5-02.50	3
	1.49 1.54 1.59 1.64				
	O O O XXX				
7	Sarah Theiler	FR Doane	J1.59m	5-02.50	2
	1.49 1.54 1.59 1.64				
	O XO O XXX				
8	Jessica Niles	FR Mount Marty	J1.59m	5-02.50	1
	1.49 1.54 1.59 1.64				
	O O XO XXX				
9	Lia Guigui	JR Dakota Wesleyan	J1.59m	5-02.50	
	1.49 1.54 1.59 1.64				
	O XO XXO XXX				
10	Heather Maier	FR Mount Marty	1.54m	5-00.50	
	1.49 1.54 1.59				
	XXO XO XXX				
11	Sarah De Haan	SR Dordt	J1.54m	5-00.50	
	1.49 1.54 1.59				
	O XXO XXX				
12	Jordynn Toliver	FR Jamestown	1.49m	4-10.50	
	1.49 1.54				
	O XXX				
12	Kaylynn Ridgely	FR Northwestern	1.49m	4-10.50	
	1.49 1.54				
	O XXX				
12	Emma Campbell	SO Doane	1.49m	4-10.50	
	1.49 1.54				
	O XXX				
12	Madison Blackstone	SO Doane	1.49m	4-10.50	
	1.49 1.54				
	O XXX				
12	Paige Decker	FR Dordt	1.49m	4-10.50	
	1.49 1.54				
	O XXX				
17	Grace Reimer	FR Concordia	J1.49m	4-10.50	
	1.49 1.54				
	XO XXX				
17	Skylar Kreifels	FR Concordia	J1.49m	4-10.50	
	1.49 1.54				
	XO XXX				
17	Isabelle Watson	JR Doane	J1.49m	4-10.50	
	1.49 1.54				
	XO XXX				



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....Event 38 Women High Jump

20	Kaylee Boyle	SO Concordia	J1.49m	4-10.50
	1.49 1.54			
	XXO XXX			
--	Bryнна Bruxellas	FR Concordia	NH	
	1.49			
	XXX			
--	Kaylee Martinsen	FR Doane	NH	
	1.49			
	XXX			
--	Morgan Schuette	FR Concordia	NH	
	1.49			
	XXX			

Event 39 Women Pole Vault

GPAC Record: G 4.05m 2011 Kayla Friesen, Sioux Falls
 NAIA Auto: A 3.65m
 NAIA Prov.: B 3.55m

Name	Year School	Finals	Points
1 Josie Puelz	FR Concordia	4.15mG 13-07.25	10
2.95 3.10 3.25 3.40 3.55 3.65 3.75 3.85 3.95 4.05 4.15 4.27			
P P P P O O O XO XXO XO O XXX			
2 Courtney Schindler	SR Doane	3.95mA 12-11.50	8
2.95 3.10 3.25 3.40 3.55 3.65 3.75 3.85 3.95 4.05			
P P P P O O O O XO XXX			
3 Kylee Edmonds	FR Midland	3.85mA 12-07.50	6
2.95 3.10 3.25 3.40 3.55 3.65 3.75 3.85 3.95 4.05			
P P P P O O O O P XXX			
4 Erin Mapson	SO Concordia	J3.85mA 12-07.50	5
2.95 3.10 3.25 3.40 3.55 3.65 3.75 3.85 3.95			
P P P P XO XO O XO XXX			
5 Wendy van Nes	FR Midland	J3.85mA 12-07.50	4
2.95 3.10 3.25 3.40 3.55 3.65 3.75 3.85 3.95			
P P P O XXO O XO XO XXX			
6 Abigail Collingham	SR Hastings	3.75mA 12-03.50	3
2.95 3.10 3.25 3.40 3.55 3.65 3.75 3.85			
P P P P P XO O XXX			
7 Josie Peterson	JR Hastings	3.65mA 11-11.75	2
2.95 3.10 3.25 3.40 3.55 3.65 3.75			
P P P XO XXO O XXX			
8 Amira Cummings	FR Concordia	3.55mB 11-07.75	0.50
2.95 3.10 3.25 3.40 3.55 3.65			
P O O O XO XXX			
8 Alyssa Downs	SR Doane	3.55mB 11-07.75	0.50
2.95 3.10 3.25 3.40 3.55 3.65			
P P O O XO XXX			



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....Event 39 Women Pole Vault

10	Tiersa Darley	JR Hastings	J3.55mB	11-07.75
	2.95 3.10 3.25 3.40 3.55 3.65			
	P O O XXO XXO XXX			
11	Gracie Rippen	SO Mount Marty	3.25m	10-08.00
	2.95 3.10 3.25 3.40			
	O O XO XXX			
12	Anna Baack	JR Concordia	3.10m	10-02.00
	2.95 3.10 3.25			
	P O XXX			
13	Abby Shay	FR Concordia	J3.10m	10-02.00
	2.95 3.10 3.25			
	P XXO XXX			
14	Allison Pinkall	JR Concordia	2.95m	9-08.00
	2.95 3.10			
	O XXX			
14	Sydney Reichert	FR Concordia	2.95m	9-08.00
	2.95 3.10			
	O XXX			
16	Grace Deines	FR Doane	J2.95m	9-08.00
	2.95 3.10			
	XXO XXX			
--	Janessa Minderhoud	SR Dordt	NH	
	2.95			
	XXX			
--	Cassie Kessler	FR Doane	NH	
	2.95			
	XXX			
--	Kaitlyn Mahnke	SR Doane	NH	
	2.95			
	XXX			

Event 40 Women Shot Put

GPAC Record: G 15.40m 2019 Samantha Liermann, Concordia
 NAIA Auto: A 13.55m
 NAIA Prov.: B 13.00m

Name	Year School	Finals	H#	Points
1 Adrianna Shaw	SR Concordia	15.04mA	49-04.25	2 10
13.89m 14.81m FOUL FOUL 15.04m 14.91m				
2 Kiara Anderson	FR Hastings	14.10mA	46-03.25	2 8
FOUL FOUL 12.75m 13.89m FOUL 14.10m				
3 Madison Sutton	FR Doane	13.93mA	45-08.50	2 6
13.05m 13.06m 13.39m 13.93m FOUL FOUL				
4 Jordyn Anderson	SO Concordia	13.47mB	44-02.50	2 5
13.23m 13.42m 13.47m FOUL 13.23m FOUL				
5 Abigail Gerber	FR Concordia	13.18mB	43-03.00	2 4
13.18m FOUL 12.41m 12.92m FOUL 12.86m				



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....Event 40 Women Shot Put

6	Elle Luehr	FR Concordia	13.04mB	42-09.50	2	3
	13.04m 12.96m 12.77m	FOUL FOUL FOUL				
7	Rebecca Bindert	SR Northwestern	12.94m	42-05.50	2	2
	12.40m 12.72m FOUL	12.75m 12.77m 12.94m				
8	Allison Skala	SO Doane	12.89m	42-03.50	2	1
	FOUL 12.62m FOUL	12.89m FOUL FOUL				
9	Kamryn Pokorney	FR Concordia	12.56m	41-02.50	2	
	FOUL FOUL 12.56m	FOUL FOUL 11.86m				
10	Hallie Hallock	JR Mount Marty	12.40m	40-08.25	1	
	11.87m 12.30m 12.40m					
11	Alli Owings	FR Concordia	12.38m	40-07.50	2	
	FOUL 11.27m 12.38m					
12	Hope Wagner	FR Briar Cliff	12.27m	40-03.25	1	
	12.27m FOUL FOUL					
13	Erin Painter	FR Concordia	12.01m	39-05.00	1	
	FOUL 11.36m 12.01m					
14	Emily Kraft	FR Northwestern	11.90m	39-00.50	1	
	11.65m 11.73m 11.90m					
15	Jodi Fry	JR Concordia	11.87m	38-11.50	2	
	11.87m FOUL FOUL					
16	Lauren Reilly	SO Doane	11.81m	38-09.00	1	
	11.20m 11.74m 11.81m					
17	Lila Gronseth	FR Dakota Wesleyan	11.79m	38-08.25	1	
	11.79m 11.57m FOUL					
18	Audrey Rodakowski	FR Jamestown	11.55m	37-10.75	1	
	FOUL 11.55m FOUL					
19	Asia Tyler	FR Hastings	11.42m	37-05.75	1	
	FOUL FOUL 11.42m					
20	Sydney Biermann	FR Doane	11.36m	37-03.25	1	
	FOUL 10.58m 11.36m					
21	Katie VanLaningham	SO Doane	11.19m	36-08.50	1	
	11.19m FOUL FOUL					
22	Cordelia Pearson	FR Midland	11.04m	36-02.75	1	
	FOUL 11.04m 10.10m					
23	Natalie Iacovetto	FR Midland	10.74m	35-03.00	1	
	FOUL FOUL 10.74m					
--	Brianna Hunter	SR Briar Cliff	FOUL			2
	FOUL FOUL FOUL					

Event 41 Women Discus Throw

GPAC Record: G 51.24m 5/2/2009 Laura Wortmann, Mount Marty
 NAIA Auto: A 44.00m
 NAIA Prov.: B 42.40m

Name	Year School	Finals	H#	Points
1 Madison Sutton	FR Doane	50.43mA	165-05	2 10
43.83m 50.43m	FOUL FOUL 46.08m	FOUL		



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****....Event 41 Women Discus Throw**

2	Adrianna Shaw	SR Concordia	50.26mA	164-11	2	8
	44.59m 46.92m 50.26m	FOUL				
3	Bethany Shaw	SR Concordia	47.08mA	154-05	2	6
	FOUL 45.80m 44.33m	FOUL 47.08m FOUL				
4	Allison Skala	SO Doane	45.58mA	149-06	2	5
	45.58m FOUL 41.90m	FOUL FOUL 42.60m				
5	Kiara Anderson	FR Hastings	45.44mA	149-01	2	4
	43.76m FOUL 45.44m	42.00m 42.07m 43.11m				
6	Sara Huss	FR Concordia	45.41mA	149-00	2	3
	40.94m 45.41m FOUL	FOUL 42.86m 44.04m				
7	Katlyn Briggs	FR Dakota Wesleyan	43.74mB	143-06	1	2
	42.78m FOUL 41.34m	43.74m FOUL FOUL				
8	Katie VanLaningham	SO Doane	43.65mB	143-02	1	1
	42.81m 42.94m 43.65m	FOUL FOUL 41.65m				
9	Rebecca Bindert	SR Northwestern	43.49mB	142-08	1	
	36.63m 43.49m 41.88m	42.62m FOUL 40.67m				
10	Olivia Buschow	FR Concordia	41.73m	136-11	2	
	FOUL 41.73m 40.51m					
11	Sarah Ragland	JR Concordia	40.95m	134-04	2	
	36.34m 40.25m 40.95m					
12	Morgan De Jong	JR Concordia	40.90m	134-02	2	
	FOUL 40.90m FOUL					
13	Erin Painter	FR Concordia	40.24m	132-00	2	
	FOUL 40.24m FOUL					
14	Alli Owings	FR Concordia	39.51m	129-07	2	
	FOUL FOUL 39.51m					
15	Sydney Biermann	FR Doane	39.21m	128-08	1	
	37.09m 39.21m 36.12m					
16	Lila Gronseth	FR Dakota Wesleyan	39.08m	128-02	1	
	30.44m 39.08m 37.71m					
17	Lauren Reilly	SO Doane	37.77m	123-11	1	
	25.62m 37.77m FOUL					
18	Darby Deffenbaugh	FR Dakota Wesleyan	36.97m	121-03	1	
	31.78m 36.97m FOUL					
19	Alexis Waldren	SO Jamestown	36.08m	118-04	1	
	32.99m 35.49m 36.08m					
20	Macy Fuller	FR Doane	33.93m	111-04	1	
	29.96m 33.93m 32.15m					
21	Leighton Mlady	FR Mount Marty	33.06m	108-05	1	
	FOUL FOUL 33.06m					
22	Anna Brock	FR Jamestown	31.43m	103-01	1	
	31.43m FOUL FOUL					
--	Madysen Handel	FR Doane	FOUL		1	
	FOUL FOUL FOUL					
--	Jessa Eden	FR Hastings	FOUL		2	
	FOUL FOUL FOUL					



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****Event 42 Women Hammer Throw**

GPAC Record: G 57.86m 2015 Elizabeth King, Concordia University

NAIA Auto: A 50.50m

NAIA Prov.: B 48.50m

Name	Year	School	Finals	H#	Points
1	Adrianna Shaw	SR Concordia	57.44mA	188-05	2 10
	53.26m 54.79m 56.43m	57.44m FOUL 55.03m			
2	Sarah Ragland	JR Concordia	52.02mA	170-08	2 8
	50.41m 50.69m 50.13m	FOUL 52.02m 49.10m			
3	Madison Sutton	FR Doane	49.80mB	163-05	2 6
	FOUL 49.80m FOUL FOUL FOUL	48.82m			
4	Bethany Shaw	SR Concordia	48.88mB	160-04	2 5
	47.65m FOUL 47.04m	47.62m FOUL 48.88m			
5	Kiara Anderson	FR Hastings	48.31m	158-06	2 4
	43.73m FOUL 47.21m	FOUL FOUL 48.31m			
6	Macy Fuller	FR Doane	47.68m	156-05	2 3
	46.01m 43.44m 47.68m	FOUL 46.61m 45.15m			
7	Jessa Eden	FR Hastings	46.86m	153-09	2 2
	46.86m 44.26m FOUL FOUL	45.12m FOUL			
8	Alli Owings	FR Concordia	46.66m	153-01	2 1
	46.66m 45.50m 45.38m	45.60m 45.13m FOUL			
9	Morgan De Jong	JR Concordia	46.45m	152-05	1
	FOUL FOUL 46.45m				
10	MaKenzie Peters	SO Hastings	46.20m	151-07	2
	46.20m FOUL 45.76m				
11	Joey Stenson	SO Doane	44.60m	146-04	2
	42.29m 44.60m 41.13m				
12	Morgan Taft	JR Dakota Wesleyan	43.42m	142-05	2
	42.65m 39.29m 43.42m				
13	Mackenzie Ferrell	JR Concordia	43.12m	141-06	2
	40.75m 43.12m 40.83m				
14	Alexis Waldren	SO Jamestown	42.92m	140-10	1
	4.39m 42.92m 41.35m				
15	Elle Luehr	FR Concordia	42.77m	140-04	1
	FOUL 42.77m FOUL				
16	Darby Deffenbaugh	FR Dakota Wesleyan	41.95m	137-07	1
	FOUL 40.22m 41.95m				
17	Cassandra Pine	FR Hastings	41.90m	137-06	1
	41.89m 41.90m FOUL				
18	Dylana Ward	JR Mount Marty	41.28m	135-05	1
	37.22m 41.28m FOUL				
19	Katlyn Briggs	FR Dakota Wesleyan	39.60m	129-11	1
	38.30m 38.06m 39.60m				
20	Jenn Stellingwerf	SR Dordt	39.27m	128-10	1
	FOUL 39.27m FOUL				
21	Samantha Bull	FR Doane	38.98m	127-11	1
	37.56m 38.98m FOUL				
22	Kaia Tennis	FR Doane	38.43m	126-01	1
	FOUL 36.42m 38.43m				



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23	Sydney Weirich	SO Midland	37.76m	123-11	1
	FOUL 37.76m 37.62m				
--	Kamryn Pokorney	FR Concordia	FOUL		1
	FOUL FOUL FOUL				

Event 43 Women Javelin Throw

GPAC Record: G 48.07m 5/2/2014 Elizabeth King, Concordia

NAIA Auto: A 40.50m

NAIA Prov.: B 39.00m

Name	Year	School	Finals	H#	Points
1 Elizabeth Stottlem	SO	Concordia	45.78mA	150-02	2 10
42.68m 43.96m 43.78m		FOUL 45.78m 44.80m			
2 Allison Skala	SO	Doane	39.71mB	130-03	2 8
FOUL 38.24m 39.71m		FOUL FOUL FOUL			
3 Tiersa Darley	JR	Hastings	39.19mB	128-07	2 6
39.19m FOUL 36.67m		FOUL 39.17m FOUL			
4 Josie Peterson	JR	Hastings	38.33m	125-09	2 5
32.98m 33.34m 38.33m		35.86m 35.90m 36.95m			
5 Jordynn Toliver	FR	Jamestown	35.46m	116-04	2 4
30.17m 34.54m 29.97m		35.46m 31.90m FOUL			
6 Lauren Reilly	SO	Doane	34.96m	114-08	2 3
30.19m 33.24m 34.96m		FOUL FOUL 34.67m			
7 Lexus Mosbrucker	FR	Briar Cliff	34.56m	113-05	2 2
34.56m 30.85m 33.68m		31.68m 33.39m FOUL			
8 Grace Damme	FR	Doane	34.11m	111-11	2 1
34.11m 33.12m 33.64m		FOUL 32.03m 32.74m			
9 Rian Boub	FR	Midland	34.05m	111-08	1
28.19m 31.95m 34.05m		FOUL FOUL FOUL			
10 Morgan De Jong	JR	Concordia	33.95m	111-05	2
33.95m 33.83m 32.49m					
11 Julia Shipman	FR	Hastings	33.54m	110-00	1
31.57m 32.76m 33.54m					
12 Taylor Schmeichel	SO	Jamestown	33.34m	109-04	2
32.43m 32.40m 33.34m					
13 Kate Gross	SR	Dordt	33.01m	108-04	1
30.52m 33.01m 30.16m					
14 Hannah Rowe	JR	Dordt	32.79m	107-07	1
29.85m 31.00m 32.79m					
15 Samantha Mulder	SO	Hastings	32.59m	106-11	1
29.90m FOUL 32.59m					
16 Skylar Kreifels	FR	Concordia	32.35m	106-02	1
32.35m 29.65m 28.76m					
17 Bryn Groff	SR	Morningside	30.78m	101-00	1
29.02m FOUL 30.78m					
18 Mackenzie Ferrell	JR	Concordia	30.04m	98-07	1
30.04m 28.09m FOUL					



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19	Emily Chicoine	FR Morningside	28.89m	94-09	1
	26.33m 28.89m 26.27m				
20	Adele Keller	SR Jamestown	28.36m	93-00	1
	28.36m 26.89m 26.42m				
21	Sloane Zeller	FR Dordt	25.61m	84-00	1
	25.61m 20.99m 20.98m				
22	Grace Wolsky	FR Northwestern	23.43m	76-10	1
	FOUL 23.43m FOUL				
--	Annika Rick	SR Dordt	FOUL		2
	FOUL FOUL FOUL				
--	Lauren Vanee	SR Dordt	FOUL		2
	FOUL FOUL FOUL				

Event 44 Women Heptathlon

GPAC Record: G 5017 2019 Kamberlyn Lamar, Dakota Wesleyan

NAIA Prov.: B 3900

Name	Year	School	Finals	H#	Points
1	Lauren Tamayo	SO Hastings	4710B	10	
2	Emily Loy	JR Concordia	4451B	8	
3	Amy Richert	FR Concordia	4447B	6	
4	Allison Birks	SR Northwestern	4394B	5	
5	Jordynn Toliver	FR Jamestown	4390B	4	
6	Kennedy Mogul	JR Concordia	3889	3	
7	Avany Long	FR Dakota Wesleyan	3709	2	
8	Lindsey Craig	SO Northwestern	3636	1	
9	Faith Measel	FR Dordt	3104		
10	Morgan Altman	JR Northwestern	2545		

Event 44 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

GPAC Record: G 14.28 2019 Kamberlyn Lamar, Dakota Wesleyan

Name	Year	School	Finals	Wind	H#	Points
1	Lauren Tamayo	SO Hastings	14.26G	NWI	3	942
2	Emily Loy	JR Concordia	15.15	NWI	3	822
3	Allison Birks	SR Northwestern	15.36	NWI	2	795
4	Amy Richert	FR Concordia	15.57	NWI	3	768
5	Rylee Rice	FR Doane	15.74	NWI	2	746
6	Jordynn Toliver	FR Jamestown	15.74	NWI	1	746
7	Kennedy Mogul	JR Concordia	15.86	NWI	3	732
8	Avany Long	FR Dakota Wesleyan	16.45	NWI	2	660
9	Morgan Altman	JR Northwestern	18.37	NWI	1	451
10	Lindsey Craig	SO Northwestern	18.63	NWI	1	425
11	Faith Measel	FR Dordt	21.69	NWI	1	177



GPAC Outdoor Track and Field Championships - 4/30/2021 to 5/1/2021**Concordia University****Results****Event 44 Heptathlon: #2 Women High Jump Heptathlon**

GPAC Record: G 1.68m 5/6/2016 Breanna Fye, Doane

Name	Year	School	Finals	Points
1 Amy Richert	FR	Concordia	1.67m	5-05.75 818
1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70	P P P P P P P P O P XXO		O XO XO O XXX	
1 Lauren Tamayo	SO	Hastings	1.67m	5-05.75 818
1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70	P P P P P P P P P O P		O XO O XO XXX	
3 Lindsey Craig	SO	Northwestern	1.61m	5-03.25 747
1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64	P P P P P P P XO O XO XO XO		XO XXX	
4 Jordynn Toliver	FR	Jamestown	1.58m	5-02.25 712
1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61	P P P O P O P O XO O		O XXX	
5 Rylee Rice	FR	Doane	1.49m	4-10.50 610
1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52	P P P O XXO XO O O XXX			
5 Emily Loy	JR	Concordia	1.49m	4-10.50 610
1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52	P P O O O O XXO XXX			
7 Faith Measel	FR	Dordt	1.46m	4-09.50 577
1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49	P P P O O O O XXX			
7 Allison Birks	SR	Northwestern	1.46m	4-09.50 577
1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49	P P P P O O O XXX			
9 Avany Long	FR	Dakota Wesleyan	1.43m	4-08.25 544
1.28 1.31 1.34 1.37 1.40 1.43 1.46	P P P XO XO XO XXX			
10 Kennedy Mogul	JR	Concordia	1.40m	4-07.00 512
1.28 1.31 1.34 1.37 1.40 1.43	P P P O O XXX			
11 Morgan Altman	JR	Northwestern	1.34m	4-04.75 449
1.28 1.31 1.34 1.37	O O O XXX			

Event 44 Heptathlon: #3 Women Shot Put Heptathlon

GPAC Record: G 12.77m 2019 Allison Skala, Doane

Name	Year	School	Finals	Points
1 Emily Loy	JR	Concordia	9.98m	32-09.00 528
9.10m FOUL 9.98m				
2 Amy Richert	FR	Concordia	9.68m	31-09.25 509
9.42m 9.55m 9.68m				
3 Kennedy Mogul	JR	Concordia	9.65m	31-08.00 507
9.65m 9.52m 9.21m				



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4	Lindsey Craig	SO Northwestern	9.27m	30-05.00	482
	9.27m 8.53m 9.05m				
5	Allison Birks	SR Northwestern	9.04m	29-08.00	467
	9.04m 8.54m 8.46m				
6	Avany Long	FR Dakota Wesleyan	8.86m	29-01.00	455
	8.86m 7.07m 8.68m				
7	Jordynn Toliver	FR Jamestown	8.84m	29-00.00	454
	8.84m 8.53m FOUL				
8	Lauren Tamayo	SO Hastings	8.75m	28-08.50	448
	8.24m 8.75m FOUL				
9	Rylee Rice	FR Doane	8.47m	27-09.50	430
	8.18m 8.22m 8.47m				
10	Morgan Altman	JR Northwestern	7.57m	24-10.00	372
	7.57m 6.83m 7.36m				
11	Faith Measel	FR Dordt	7.52m	24-08.25	368
	FOUL 7.18m 7.52m				

Event 44 Heptathlon: #4 Women 200 Meter Dash Heptathlon

GPAC Record: G 25.31 2015 Kylie Gokie, Doane College						
Name	Year	School	Finals	Wind	H#	Points
1	Lauren Tamayo	SO Hastings	25.34	NWI	2	856
2	Emily Loy	JR Concordia	25.98	NWI	2	799
3	Allison Birks	SR Northwestern	26.33	NWI	2	769
4	Amy Richert	FR Concordia	26.73	NWI	2	734
5	Jordynn Toliver	FR Jamestown	27.00	NWI	2	712
6	Rylee Rice	FR Doane	27.53	NWI	1	668
7	Kennedy Mogul	JR Concordia	27.80	NWI	1	647
8	Avany Long	FR Dakota Wesleyan	27.96	NWI	1	634
9	Lindsey Craig	SO Northwestern	28.66	NWI	1	580
10	Faith Measel	FR Dordt	28.94	NWI	1	559
11	Morgan Altman	JR Northwestern	31.44	NWI	1	386

Event 44 Heptathlon: #5 Women Long Jump Heptathlon

GPAC Record: G 5.47m 2019 Kamberlyn Lamar, Doane						
Name	Year	School	Finals	Wind		Points
1	Lauren Tamayo	SO Hastings	5.65mG	NWI	18-06.50	744
	5.65m(NWI) FOUL	5.41m(NWI)				
2	Amy Richert	FR Concordia	5.36m	NWI	17-07.00	660
	5.33m(NWI) 5.36m(NWI) 5.30m(NWI)					
3	Emily Loy	JR Concordia	5.29m	NWI	17-04.25	640
	5.07m(NWI) FOUL	5.29m(NWI)				
4	Allison Birks	SR Northwestern	5.28m	NWI	17-04.00	637
	5.28m(NWI) FOUL	4.69m(NWI)				
5	Avany Long	FR Dakota Wesleyan	4.97m	NWI	16-03.75	551
	4.64m(NWI) FOUL	4.97m(NWI)				



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....Event 44 Heptathlon: #5 Women Long Jump Heptathlon

6	Jordynn Toliver	FR Jamestown	4.96m	NWI	16-03.25	548
	FOUL	4.96m(NWI) 4.81m(NWI)				
7	Faith Measel	FR Dordt	4.86m	NWI	15-11.50	522
		4.86m(NWI) 4.86m(NWI) 4.79m(NWI)				
8	Kennedy Mogul	JR Concordia	4.55m	NWI	14-11.25	441
		4.33m(NWI) 4.53m(NWI) 4.55m(NWI)				
9	Lindsey Craig	SO Northwestern	4.50m	NWI	14-09.25	428
		3.10m(NWI) 4.24m(NWI) 4.50m(NWI)				
10	Morgan Altman	JR Northwestern	4.09m	NWI	13-05.00	329
		3.60m(NWI) 3.98m(NWI) 4.09m(NWI)				

Event 44 Heptathlon: #6 Women Javelin Throw Heptathlon

GPAC Record: G 40.34m 5/2/2014 Erin DeVries, Doane

Name	Year School	Finals	Points
1 Jordynn Toliver	FR Jamestown	32.67m	107-02 527
		25.42m 31.20m 32.67m	
2 Allison Birks	SR Northwestern	32.42m	106-04 523
		26.50m 27.66m 32.42m	
3 Avany Long	FR Dakota Wesleyan	31.51m	103-04 505
		31.51m 29.77m 24.75m	
4 Amy Richert	FR Concordia	28.87m	94-09 455
		28.87m 24.72m 25.10m	
5 Emily Loy	JR Concordia	27.90m	91-06 437
		26.81m 27.00m 27.90m	
6 Lindsey Craig	SO Northwestern	26.85m	88-01 417
		26.85m 23.49m 23.22m	
7 Faith Measel	FR Dordt	26.65m	87-05 413
		26.65m 22.52m 23.93m	
8 Lauren Tamayo	SO Hastings	24.96m	81-11 382
		23.71m 24.13m 24.96m	
9 Kennedy Mogul	JR Concordia	24.20m	79-05 367
		21.47m 24.20m 21.30m	
10 Morgan Altman	JR Northwestern	17.10m	56-01 235
		15.39m 17.10m FOUL	

Event 44 Heptathlon: #7 Women 800 Meter Run Heptathlon

GPAC Record: G 2:23.08 5/4/2018 Kennedy Mogul, Concordia

Name	Year School	Finals	Points
1 Jordynn Toliver	FR Jamestown	2:30.11	691
		1:13.123 (1:13.123) 2:30.104 (1:16.981)	
2 Kennedy Mogul	JR Concordia	2:30.81	683
		1:11.911 (1:11.911) 2:30.808 (1:18.897)	
3 Allison Birks	SR Northwestern	2:35.47	626
		1:17.573 (1:17.573) 2:35.467 (1:17.895)	



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....Event 44 Heptathlon: #7 Women 800 Meter Run Heptathlon

4	Emily Loy	JR Concordia	2:36.35	615
	1:16.832 (1:16.832)	2:36.346 (1:19.515)		
5	Lindsey Craig	SO Northwestern	2:41.40	557
	1:17.935 (1:17.935)	2:41.395 (1:23.460)		
6	Lauren Tamayo	SO Hastings	2:44.75	520
	1:18.401 (1:18.401)	2:44.743 (1:26.342)		
7	Amy Richert	FR Concordia	2:46.25	503
	1:18.234 (1:18.234)	2:46.249 (1:28.015)		
8	Faith Measel	FR Dordt	2:47.67	488
	1:18.714 (1:18.714)	2:47.662 (1:28.948)		
9	Avany Long	FR Dakota Wesleyan	3:00.53	360
	1:28.189 (1:28.189)	3:00.521 (1:32.332)		
10	Morgan Altman	JR Northwestern	3:04.62	323
	1:27.879 (1:27.879)	3:04.616 (1:36.738)		

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Women - Team Rankings - 22 Events Scored

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1) Concordia University	259.50	2) Hastings	176
3) Dordt	115	4) Doane	84.50
5) Morningside	77	6) Northwestern College	70
7) Jamestown	22	8) Mount Marty	17
9) Dakota Wesleyan	16	10) Midland	12
11) Briar Cliff	8		

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Men - Team Rankings - 22 Events Scored

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1) Doane	235.50	2) Dordt	137
3) Northwestern College	106.50	4) Concordia University	102
5) Midland	76	6) Briar Cliff	58
7) Mount Marty	51	8) Hastings	45
9) Jamestown	25	10) Morningside	19
11) Dakota Wesleyan	1		

